

# peace signs



Calm down. Take a breath.

How do you feel?  
How does the other person feel?  
How can you increase the peace?

**Make a positive impact!**

## **My Activity Guide!**

\_\_\_\_\_  
(Name)



## What I Think about Conflict

Finish the sentences below. There are no wrong answers; just write how you feel.  
Ask your teacher or family for help, if you need it!

Conflict means: \_\_\_\_\_

When I think of conflict, I feel: \_\_\_\_\_

Most people fight or argue over: \_\_\_\_\_

\_\_\_\_\_

Some conflicts that happen at school are: \_\_\_\_\_

\_\_\_\_\_

I get upset or angry when: \_\_\_\_\_

\_\_\_\_\_

When I am angry or upset, this is what I do to help myself: \_\_\_\_\_

\_\_\_\_\_

One good thing that can happen as a result of conflict is: \_\_\_\_\_

\_\_\_\_\_

Something I would like to learn from *Peace Signs* is: \_\_\_\_\_

\_\_\_\_\_



*Peace Signs Vocabulary*

1. **CONFLICT:** A problem, disagreement, argument, or fight. It can be inside a person, or between two or more people.
2. **EMPATHY:** When a person tries to understand how another person feels or thinks.
3. **BYSTANDER:** A person who is watching but not taking part in a situation or event; a witness.
4. **INSTIGATE:** To encourage, provoke, or start something.
5. **BULLYING:** when someone keeps hurting, frightening, threatening, or leaving someone out on purpose; it is unfair and one-sided.
6. **PEACE SIGNS GOAL:** A peaceful change a person can make at home, at school, or in the community.

**Fill in the blanks about each character's *Peace Signs Goal*.**

- \_\_\_\_\_ chose to stop fighting and became a Conflict Manager.
- \_\_\_\_\_ talked to her parents about her problems at school.
- \_\_\_\_\_ decided to stop instigating fights.
- \_\_\_\_\_ apologized and decided to stop bullying others.
- \_\_\_\_\_ created the Stoplight Solution to help resolve conflicts peacefully.

**Your Turn: Set a *Peace Signs Goal*!**

I, \_\_\_\_\_, would like to increase the peace in my (*circle one*):  
(name)

HOME

SCHOOL

COMMUNITY

What is your *Peace Signs Goal*? How will you increase the peace?

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My **peace signs** Goal Plan

Fill in the blanks to write about how you will achieve your *Peace Signs* goal.

**About My Goal...**

My Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

My *Peace Signs* Goal: \_\_\_\_\_

I would like to achieve my goal by this date: \_\_\_\_\_

**My Timeline...**

To work toward my *Peace Signs* Goal **tomorrow**, I will...

\_\_\_\_\_  
\_\_\_\_\_

To work toward my *Peace Signs* Goal **next week**, I will...

\_\_\_\_\_  
\_\_\_\_\_

To work toward my *Peace Signs* Goal **after that**, I will...

\_\_\_\_\_  
\_\_\_\_\_

**Challenges...**

The hardest part about achieving my goal will be... \_\_\_\_\_  
\_\_\_\_\_

If I have a challenge with my goal, here is how I will handle it: \_\_\_\_\_  
\_\_\_\_\_

Here are some people who can help me achieve my goal: \_\_\_\_\_  
\_\_\_\_\_

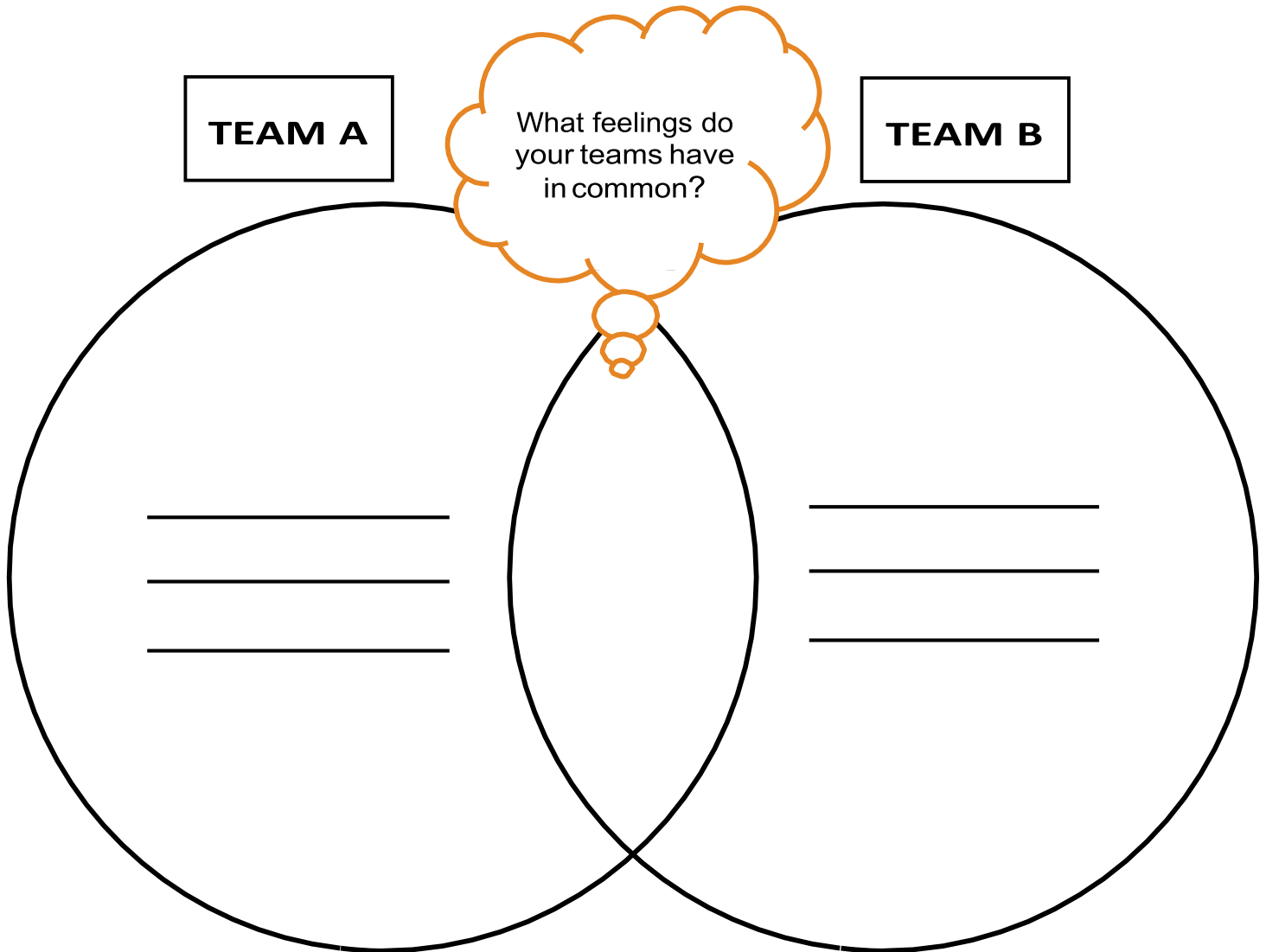
When I achieve my goal, I will...  
\_\_\_\_\_



# Class Conflict

- Team A got to the basketball court first, but doesn't have a ball.
- Team B has a ball, but doesn't have a basketball court to play on.
- Neither team wants to give up what each has.

**How do you feel? Write it down!**



What choice did you make to increase the peace?

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# Choice Trees

## *Peace Signs Vocabulary*

### Consequences:

All the things that happen as a result of the choices we make.

1. Write a short paragraph to describe the conflict.

**Conflict**

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2. Write 2 different choices you could make to solve the conflict.

**Choice #1**

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**Choice #2**

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3. For each choice, write 3 consequences.

### Remember:

consequences can be positive OR negative!

**Consequences**

**Consequences**

Which choice do you think is the best for you? \_\_\_\_\_

Why is it the best? \_\_\_\_\_

What will you do if your choice doesn't work out? \_\_\_\_\_

# How Do I Feel?

## 1. Use empathy to complete the sentences about the characters' feelings.

When Alex finished writing his song, he felt \_\_\_\_\_.

After Trina talked to her parents, she felt \_\_\_\_\_.

When Alex tried to make Jessie and Trina fight, Jessie felt \_\_\_\_\_.

When the students cleaned up the playground, Mr. H felt \_\_\_\_\_.

When Jessie made fun of Alex about his Dad, Alex felt \_\_\_\_\_.

After Jessie talked to her grandmother, she felt \_\_\_\_\_.

## 2. Finish the feelings lines for the characters, then practice reading them out loud.

### Pretend you are Jessie.

Alex tried to get you to fight with Trina. Tell him how you feel.

"Alex, I felt \_\_\_\_\_

when \_\_\_\_\_

because \_\_\_\_\_

"

### Pretend you are Alex.

Jessie made fun of you about your Dad. Tell her how you feel.

"Jessie, I felt \_\_\_\_\_

when \_\_\_\_\_

because \_\_\_\_\_

"

## 3. Finish the feelings sentences below, and write some of your own.

When someone pushes me, I feel \_\_\_\_\_.

When the teacher calls on me and I know the right answer, I feel \_\_\_\_\_. The

morning of my birthday, I feel \_\_\_\_\_.

When I see someone being teased, I feel \_\_\_\_\_.

When I see fights or conflict in my neighborhood, I feel \_\_\_\_\_.

When I make a mistake, I feel \_\_\_\_\_.

When \_\_\_\_\_, I feel \_\_\_\_\_.

When \_\_\_\_\_, I feel \_\_\_\_\_.



# My Safety Net

## Instructions

- 1) Choose 3 adults you trust. Make sure at least one of them lives with you and one of them doesn't live with you.
- 2) Fill in the contact information for each person in your Safety Net.
- 3) Cut on the dotted lines and put your Safety Net in a safe place (like your backpack) so that you can find it whenever you need it!

## 's Safety Net

(your name)

### Person #1:

First & Last Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell / Other Phone \_\_\_\_\_

Home Address \_\_\_\_\_

Email Address \_\_\_\_\_

### Person #2:

First & Last Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell / Other Phone \_\_\_\_\_

Home Address \_\_\_\_\_

Email Address \_\_\_\_\_

### Person #3:

First & Last Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell / Other Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Home Address \_\_\_\_\_

Where will you keep your Safety Net?

# Tales of a Conflict Manager

Read the entries below from Alex's Conflict Manager Journal.  
Pretend you're Alex. Choose a conflict, and use the Stoplight Solution to increase the peace!

## MONDAY

There's a new kid at my school named Oscar, and he has been sitting alone at lunch all week. Today, I saw a boy in the cafeteria call Oscar a name.

## WEDNESDAY

Gina is a girl in my class who keeps taking the best soccer ball to play with at recess. She only shares it with her friends. Today, I had the ball and Gina grabbed it out of my hands.

## FRIDAY

Today, I was walking home after school and I saw a crowd of kids yelling. When I got closer, I saw two kids punching and kicking each other.

### Step 1:

\_\_\_\_\_

Here's how I did **Step 1**:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Step 2:

\_\_\_\_\_

In **Step 2**, I needed to \_\_\_\_\_ about feelings. I felt \_\_\_\_\_.

I think the other people felt \_\_\_\_\_.

Then I needed to \_\_\_\_\_ about my choices. I thought of 3 choices:

#1. \_\_\_\_\_

#2. \_\_\_\_\_

#3. \_\_\_\_\_

I chose # \_\_\_\_\_ because \_\_\_\_\_

### Step 3:

\_\_\_\_\_

This is what happened when I did **Step 3**: \_\_\_\_\_

\_\_\_\_\_

This is how I feel about the way I used the Stoplight Solution: \_\_\_\_\_

\_\_\_\_\_



## Vocabulary Word Search

1. **CONFLICT:** a problem, disagreement, argument, or fight; it can be inside a person, or between two or more people.
2. **EMPATHY:** when a person tries to understand how another person feels or thinks.
3. **BYSTANDER:** a person who is present but not taking part in a situation or event; a witness.
4. **OPTIONS:** choices.
5. **CONSEQUENCES:** the effects or results of an action.
6. **INSTIGATE:** to encourage, provoke, or start something.
7. **REPORTING:** when a person tells a trusted adult about a conflict they have witnessed or experienced.
8. **CONFLICT MANAGER:** a person who helps others find peaceful solutions to their conflicts or problems.
9. **PEACE SIGNS GOAL:** a peaceful change a person can make at home, at school, or in the community.
10. **IMPROVISE:** to make something up on the spot.
11. **BULLYING:** when someone keeps hurting, frightening, threatening, or leaving someone out on purpose; it is unfair and one-sided.

### Find all 11 vocabulary words!

A B R E M P A T H Y Y Q U A N C  
P J C X U D P M E R E S H E M B  
E M R A W C O S I J E X F P A Y  
A Q E M A T N P E R V A M H K S  
C A G I L O B X Y D B G L Y C T  
E K A P C O N F L I C T G O W A  
S D N S E C N E U Q E S N O C N  
I F A B I X U K L K Z V L E H D  
G E M B M D F V P P R X S L O E  
N W T J P P B U L L Y I N G P R  
S G C E O U W E K U V K G W T D  
G C I D R F L O N O X H O O I H  
O L L U O G L A R S G M C O O Y  
A I F C D L O P U I U G A K N J  
L O N Y E G M T L E W I R O S V  
A P O H N I N S T I G A T E M D  
T E C O T O L K M O N R T G B H  
S Z Z I N U G N I T R O P E R M

# peace signs



## Finale Remix

Throw 'em up, hands high  
Peace signs to the sky  
Everybody join me  
Change your community

**(3 Claps)**

We can get through whatever  
Let's all work together  
Choose peace, make it better!

**STOP, THINK, ACT**  
Make a positive impact  
**STOP** and **THINK**  
Before you **ACT**  
Make a positive impact!

Throw 'em up, hands high  
Peace signs to the sky  
Everybody join me  
Change your community

**(3 Claps)**

We can get through whatever  
Let's all work together  
Choose peace, make it better!

**PEACE!**