

# **Take A Break**

(1 Person)

1. Sit down
2. Set the 2 minute timer
3. Use the tools quietly at the peace table to calm your body and your mind
4. When the timer ends, rejoin your family

# Peace Table Talks

(2 People)

1. If you are invited to the Peace Table, you **MUST** come
2. Sit knee to knee, eye to eye
3. The invitee talks first, while the other person listens (use the Talking Shell)
4. Begin by saying "***I feel*** \_\_\_\_\_ ***when*** \_\_\_\_\_"
5. When they are finished, pass the Talking Shell and switch talker and listener roles
6. Finally, discuss how you can solve the problem
7. When you have solved the problem and both kids are happy, RING the bell and a parent will check in with you. Well done!