

# PEACE PATH

Teaching students how to talk about their emotions is hard. A great way to start getting your students to start talking to each other about their emotions is by using “I-Statements”

## What are “I-Statements?”

“I-Statements” are used to express emotions felt after an action. For example “I didn’t like it when you said I can’t play foursquare.”

## “I-Statements” in the Peace Path

Using “I-Statements” in the Peace Path helps change the way your students think about the conflict. Instead of accusatory language like “You said I was bad at foursquare,” we want students to think about their feelings. So the above statement would read “I didn’t like it when you said I can’t play foursquare.” Also, by expressing how the student is feeling, the student is not making any judgments about the person they are disagreeing with, so there is no need to become defensive!

## How the Peace Path Works

Together, create a Peace Path to walk along for each of these steps. Students can follow these steps to work through and resolve conflicts.

**Step 1:** Students take turns sharing their feelings and repeating the other student’s feelings.

Student 1	Student 2		Student 2	Student 1
I feel... when...	I know that you feel... when...	<b>Then</b>	I feel... when...	I know that you feel... when...

**Step 2:** Students take turns sharing their needs and repeating the other student’s needs.

Student 2	Student 1	Student 2	Student 1
What can I do to make it right?	I need...	I will...	Thank You.

**Then**

Student 1	Student 2	Student 1	Student 2
What can I do to make it right?	I need...	I will...	Thank You.

**Step 3:** Students take turns sharing how they know that the conflict has been resolved.

Student 2	Student 1
I know that the problem is over because...	I know that the problem is over because...

**Step 4:** Students shake hands and leave in peace.

**Next Steps to try this week:**

- Practices with your students' "I-Statements"
- Paint or draw a Peace Path on your Playground
- When students get in an argument, ask them to use an "I-Statement" when talking about the disagreement.

