

Peace begins with me ...

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Peaceful Schools
International



When things go wrong, ask yourself:

1. What happened?
2. Who was hurt by what I did?
3. What can I do to make it better?

Negotiate a solution to your problem.
Each person should:

- Think:** What do I want most?
- Listen:** What does the other person want?
- Make an offer:** What solution will I offer?
- Evaluate:** Which solution will make things better?
- Agree** and follow through with your agreement.

When working out a problem with a friend and you get stuck, these conversation starters may help:

- “I’m not sure I understand what you mean.”
- “So what you’re saying is”
- “How do you want things to change?”
- “What would make you feel better?”
- “What would you like to have happen?”

My wish for peace:

Peace looks like this to me:

If you want to express your feelings without blaming, try using an “I” message.

- Use the person’s name
- Tell why
- Tell what you want

Here’s an example:

Ethan, I feel frustrated when you interrupt me. Please wait until I am finished.

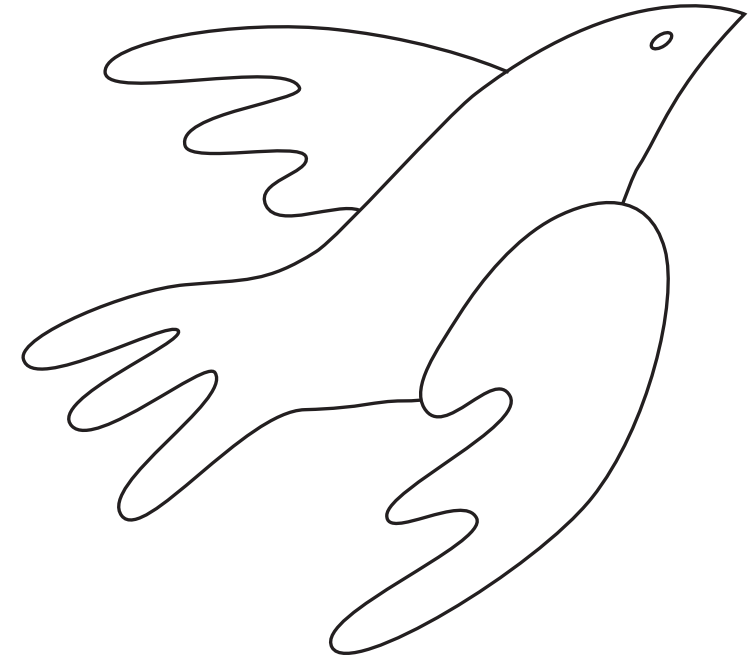
Shoot for the stars –
you may not get the stars but
you may get the moon.

Carlton Young



Be the change you want
to see in the world.

Gandhi



**THE IMPORTANT THING IS
NOT TO STOP QUESTIONING.**

ALBERT EINSTEIN

We cannot hold a torch to
light another's path without
brightening our own.

Ben Sweetland

**Nothing can bring you peace
but yourself.**

Ralph Waldo Emerson



If you want to make peace,
you don't talk to your friends.
You talk to your enemies.

Moshe Dayan

If you set the right example,
you won't need to worry about
the rules.

Unknown

Peace is our gift to each other.

Elie Wiesel

Be yourself.
An original is always worth
more than a copy.

Unknown

Our life is what our thoughts
make it.

Unknown

