

Name \_\_\_\_\_

Date \_\_\_\_\_

# PEACE TREATY



## Peace Treaty:

**I, the one who is hurt, agree to:** **1.** Practice mindfulness to first calm myself, grow peace inside, and wait until the mood has lifted before talking to the classmate(s) I feel tension with. **2.** Not say or do anything that will grow anger in myself or others. **3.** Set up a time with the help of my teacher to meet with the classmate(s) through writing them a Peace Note. (See the Peace Note template, below.) **4.** Look at what I may have done to contribute to the situation before I meet with my classmate(s), and apologize before we meet.

**I, the one who has hurt my classmate, agree to:** **1.** Respect my classmate's feelings. **2.** Understand that even if I didn't intend to hurt my classmate, the impact of my actions still hurt them. **3.** Wait until we both have practiced mindfulness so that we can calmly talk about what happened. **4.** Write a note back to my classmate to let them know I will meet with them. **5.** Reflect on how I hurt my classmate and what I can do to make things right.

Signed, \_\_\_\_\_



## Peace Note

Dear \_\_\_\_\_,

Today, you said/did something that hurt my feelings. This is what you said/did: \_\_\_\_\_

---

---

Let us both meet when we are calm to talk about this soon.

Thank You,

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