

Name _____

Date _____

PRACTICING PEACE



STEPS FOR PRACTICING PEACE

Step 1: Stop and breathe.

Step 2: Find the teacher.

Step 3: Sit together and share appreciations.

Step 4: Share why you are hurt.

Step 5: Ask for support and express what you can do to make things right.

Instructions: Record your thinking below.

Why is it important to practice peace?

How will you practice peace?

