








GOLD RIVER
Discovery Center
HOME OF THE MINERS



GRDC
Peace Program



Making Positive Choices



Everyone Has a Balloon
Inside...



But The Balloon Can Only Hold
So Many Feelings Until...



So when you feel upset....



Stop & Breathe

- **Stop** – when you realize you are angry or upset in anyway. (hand up like a stop sign)
- **Breathe** – we think better when we breathe (hand on chest and take a deep breath)
- **Think** – this is when you can think about how to make this a win/win situation. (finger to brain)



Stop & Breathe

- **Choose** – make your best choice so everyone wins. (thumb up)
- **Act** – put your choice into action. (fist in air, pull down)
- **Cheer** – celebrate your decision! (pat on the back)



The “I” Message K-8

- I feel.....
- When people.....
- I need.....
- Will you.....?



The Clean-Up





- THE CLEAN-UP
- 1) I know that I . . .
- 2) I apologize.
- 3) What can I do to make it right?
- 4) Next time I will . . .
- 5) Will you forgive me?



PeacePath



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GRDC PeacePath Yellow Feet Go First	 I feel... When...	I know that you feel... When...	I need... When...	Thank you.	What can I do to make it right?	I will...	Thank you.	I know the problem is over because ...	Leave in Peace.	Leave in Peace.	Shake Hands 
	 I feel... When...	I know that you feel... When...	I need... When...	Thank you.	What can I do to make it right?	I will...	Thank you.	I know the problem is over because ...	Leave in Peace.	Leave in Peace.	Shake Hands 


PeacePath

GRDC PeacePath Yellow Feet Go First	
 I feel... When...	I know that you feel... When...
 I feel... When...	I know that you feel... When...








PeacePath

	I need...	What can I do to make it right?	
	Thank you.	I will...	







PeacePath

	What can I do to make it right?	I need...	
	I will...	Thank you.	



PeacePath

	I know the problem is over because ...	
	Leave in Peace.	

Shake Hands

