

Conflict & Anger

WEEK 4

Pause, Think, Choose

MADE-UP SITUATION

Two learners both think it is their turn to choose the group activity.
They talk over each other. One says, "You always get to choose."

No personal story is needed. Write, draw, think quietly, or pass. Taking a break is okay.

1 Pause

What words and actions can you observe? Stick to what someone said or did.

Words or actions I notice:

Where could a pause begin?

2 Think

Write or draw two safe next choices. What might happen next? Possibilities are not promises.

CHOICE 1

My choice: _____

What might happen next?

CHOICE 2

My choice: _____

What might happen next?

3 Choose

Circle one respectful next step, or create your own.

- | | |
|---|---|
| ☐ Take space or a break | ☐ Suggest taking turns choosing |
| ☐ Ask a trusted adult for help | ☐ Use calm words to suggest a plan |
| ☐ My own respectful next step: _____ | |

If talking does not feel safe, stepping away and asking a trusted adult are valid choices.

Optional words: "Could we pause and find a plan together?"

Keep this reflection private unless your organization's policy says otherwise.

No report-out, performance, or personal disclosure is required.