

Dealing with Conflict: Listening to the Owl

The Owl Steps

- A. Stop
- B. Take two belly breaths
- C. Talk or walk

1. If you choose to *talk*, use an “I” statement and then talk and listen. You might also bargain to be fair.
2. If you choose to *walk*, first do your favorite calming activity and then think about what you want to do. (Let the conflict go—like a balloon; ask for help from a teacher; draw, scribble, or play with clay, etc.)

