I CAN BE A PEACEMAKER WHEN I...

Let go of angry feelings in a healthy way, like exercising or writing in my journal, even when I don’t agree.

Use a kind voice and kind words.

Suggest ways to solve a problem.

Pray to Heavenly Father for help in getting along.

Try to understand how others are feeling.

Use “I” messages like “I feel ___ when you ___”.

Say “Sorry” when I make a mistake.

Being a peacemaker doesn’t mean you let other people hurt you. If someone is really mean to you, tell a parent, friend, or trusted adult right away. You are an important child of God, and you deserve to be treated with respect.