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QUESTIONS/CONCERNS PLEASE CONTACT ME:
HEARTANDMINDTEACHING@GMAIL.COM



Hello!
I'm Ashley!



A School Counselor,
curriculum developer, blogger,
and mama to two young
boys. I have a passion for
creating fun and engaging
resources for Counseling
and Social Emotional
Learning.



LET'S CONNECT:





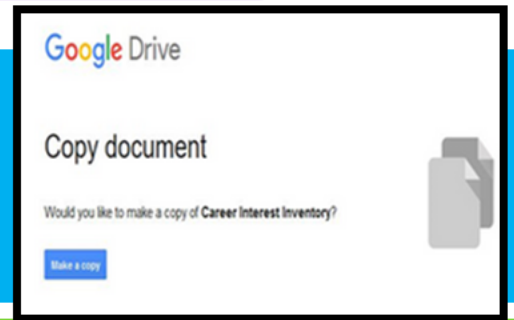
Google Slides

YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy: [Power up for Peace](#)

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)





POWER UP FOR PEACE



Learning Objective:

Identify and practice five steps to resolve conflicts peacefully.

Materials:

- *Handouts and Posters.
- *Pencil, scissors. (Cut out the cards beforehand)

Guiding Questions:

- *How does pressing your "pause button" help you make better choices?
- *Why is it important to really hear what the other person is saying?

Session Details (about 30 minutes)

"Today, we are going to learn how to handle problems with friends. Each level teaches a 'Power-Up' that helps you stay calm and solve problems like a real-life arcade hero." Show the power up poster. Let's level up our peace power and learn how to solve problems like pros!

*Level 1- Put the level 1 poster in the middle of the table. Each student should get their own "controller" in front of them and page 12. Have the "Pause Power Moves" poster in the center of the table so they can all reach it. Quickly review that poster. Go through each scenario card (page 8-9) and have each student pick their response by selecting it on their controller. Then, logging their response on page 12. They should put a check mark on the pause button used and then specify what specifically they would do (using the examples on page 4).

*Level 2- Put the level 2 poster in the middle of the table. Give each student pages 12-14. Have them select their answers and discuss them.

*Level 3- Put the level 3 poster in the middle of the table. Use the poster on page 16 to explain what an "I" message is. You can use the cards and have the students answer using an "I" message verbally. Or, you can use pages 17-18 to have them write it down.

*Level 4- Put the level 4 poster in the middle of the table. As a group, complete pages 21-22.

*Level 5- Put the level 5 poster in the middle of the table. Have each student complete pages 24-25.

*Bonus level: Put the bonus level poster in the middle of the table. Have each student complete page 27-28.

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Positive, respectful, and supportive relationships with students who are similar to and different from them. (B-SS 2)
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SEL Competencies:

- *Relationship skills: Perspective-taking, respect for others, teamwork, relationship building.
- *Responsible Decision-Making: Identifying problems, analyzing situations, solving problems, evaluating, reflecting.

CONFLICT POWER UPS



LEVEL 1

Pause & Breathe

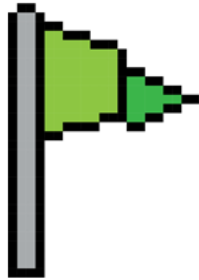
Goal: Stay calm before reacting.



LEVEL 2

Listen

Goal: Listen before you respond.



LEVEL 3

Use "I" Messages

Goal: Express feelings without blaming.



LEVEL 4

Work together

Goal: Find a solution that works for everyone.



LEVEL 5

Make it right

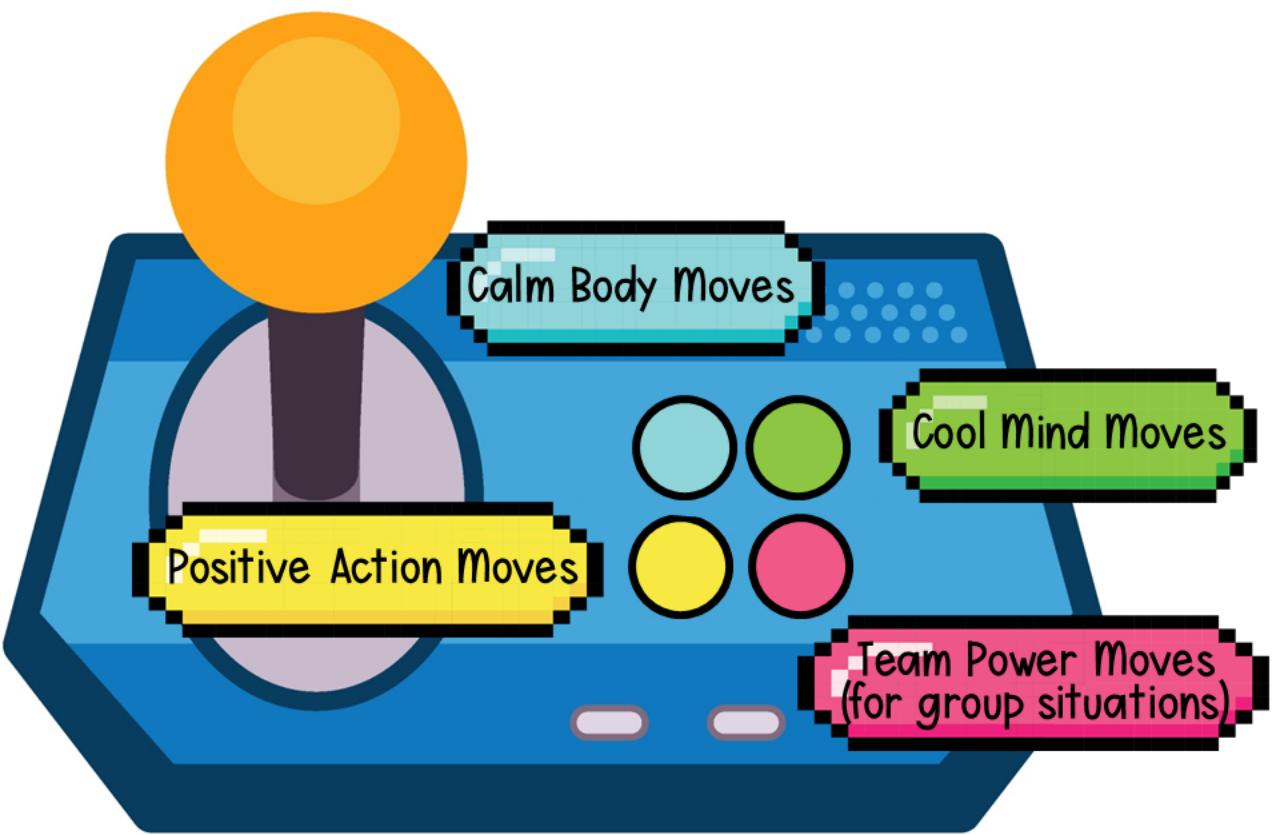
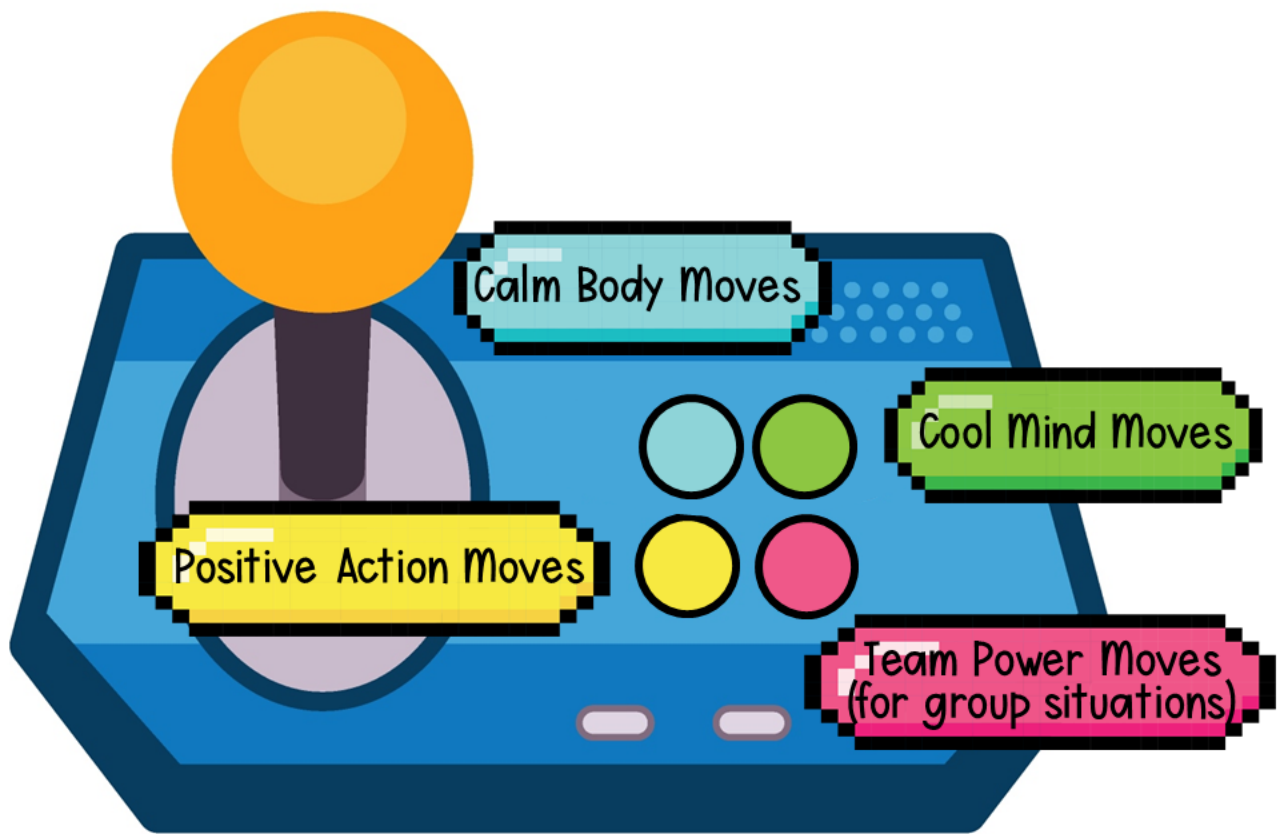
Goal: Repair the friendship after a mistake.



LEVEL 1: THE PAUSE BUTTON

Goal: Stay calm before reacting.





Print enough for each student to have one.



PAUSE POWER MOVES

Cool Mind Moves

- Say to yourself: "Pause power — I can handle this."
- Think of something funny or positive
- Picture your favorite calm scene (beach, video game landscape, etc.)
- Imagine a "reset button" in your brain and press it
- Count the things around you (5 things you see, 4 you can touch, 3 you hear)
- Think about what a good friend would do next

Positive Action Moves

- Ask for a break or to talk to an adult
- Walk to a "calm corner" or designated area
- Write or draw what you're feeling
- Take a quick lap or stretch your legs
- Use a fidget tool or stress ball quietly
- Say to your friend: "I need a minute."
- Listen to music or hum a favorite tune
- Do something kind to reset your mood

Calm Body Moves

- Take 5 deep breaths
 - Count slowly to 10
- Squeeze your hands, then release the tension
 - Stretch your arms or shoulders
- Sit down and take a drink of water
- Put your hands in your pockets or behind your back
- Step away from the problem for a minute
- Close your eyes and imagine a calm place

Team Power Moves (for group situations)

- Say, "Let's pause and start over."
- Take turns counting to 3 before trying again
- Ask, "Can we reset this game?"
- Offer to switch roles or take a break together
- Use humor to lighten the mood (but never to tease!)

1



You're losing a video game and your friend teases you. You feel angry.

2



Your friend cut in front of you in line and said, "I was here first!"

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Someone grabbed the crayon you were using and broke it on accident.

5



Your partner told you that your drawing "doesn't look that good."

6



You were talking during class, and your friend told the teacher.

7



You asked to join a game at recess, but the group said, "We already have enough players."

8



You're playing a board game, and your friend changes the rules to make himself win.

Name: _____



LEVEL 1: THE PAUSE BUTTON

Put a checkmark on which Pause Power Move you used and write the specific move below

1	<input type="checkbox"/> Calm Body	<input type="checkbox"/> Cool Mind	<input type="checkbox"/> Positive Action	<input type="checkbox"/> Team Power
----------	------------------------------------	------------------------------------	------------------------------------------	-------------------------------------

PAUSE POWER MOVE:

2	<input type="checkbox"/> Calm Body	<input type="checkbox"/> Cool Mind	<input type="checkbox"/> Positive Action	<input type="checkbox"/> Team Power
----------	------------------------------------	------------------------------------	------------------------------------------	-------------------------------------

PAUSE POWER MOVE:

3	<input type="checkbox"/> Calm Body	<input type="checkbox"/> Cool Mind	<input type="checkbox"/> Positive Action	<input type="checkbox"/> Team Power
----------	------------------------------------	------------------------------------	------------------------------------------	-------------------------------------

PAUSE POWER MOVE:

4	<input type="checkbox"/> Calm Body	<input type="checkbox"/> Cool Mind	<input type="checkbox"/> Positive Action	<input type="checkbox"/> Team Power
----------	------------------------------------	------------------------------------	------------------------------------------	-------------------------------------

PAUSE POWER MOVE:

5	<input type="checkbox"/> Calm Body	<input type="checkbox"/> Cool Mind	<input type="checkbox"/> Positive Action	<input type="checkbox"/> Team Power
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PAUSE POWER MOVE:

6	<input type="checkbox"/> Calm Body	<input type="checkbox"/> Cool Mind	<input type="checkbox"/> Positive Action	<input type="checkbox"/> Team Power
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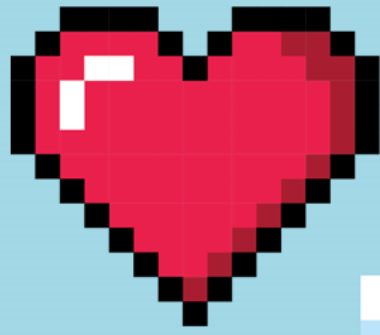
PAUSE POWER MOVE:

7	<input type="checkbox"/> Calm Body	<input type="checkbox"/> Cool Mind	<input type="checkbox"/> Positive Action	<input type="checkbox"/> Team Power
----------	------------------------------------	------------------------------------	------------------------------------------	-------------------------------------

PAUSE POWER MOVE:

8	<input type="checkbox"/> Calm Body	<input type="checkbox"/> Cool Mind	<input type="checkbox"/> Positive Action	<input type="checkbox"/> Team Power
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PAUSE POWER MOVE:



LEVEL 2: LISTENING MODE

Goal: Listen before you respond.



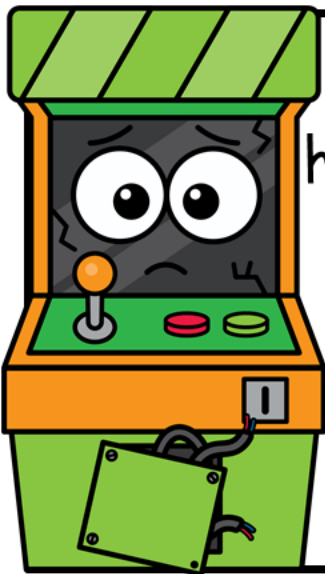
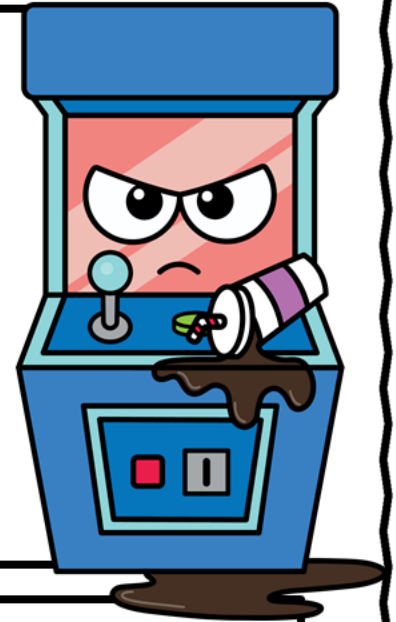


LEVEL 2: LISTENING MODE

Read the scenarios and choose the best listening skill.

You and your friend both want to play different games at recess.

- A) Talk louder so they hear you
- B) Wait your turn and repeat what they said
- C) Walk away and play alone

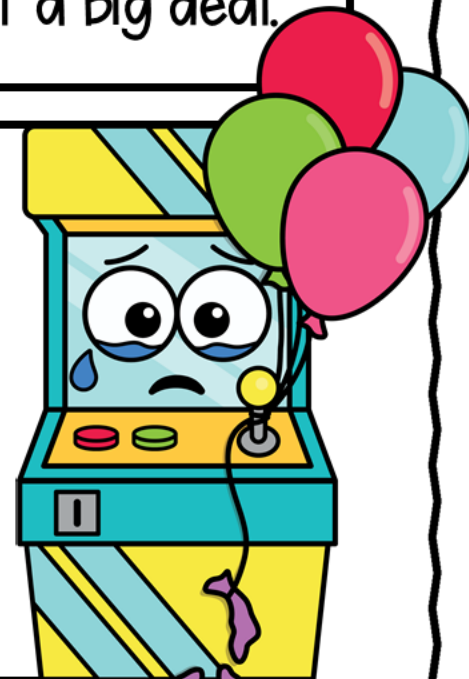


Your friend is telling you about a problem he had at home, and you're not sure what to say.

- A) Listen carefully and say, "That sounds hard."
- B) Change the subject to something funny
- C) Tell him it's not a big deal.

Your classmate is upset because he lost his turn. He's trying to tell you how he feels.

- A) Say, "That's not a big deal."
- B) Listen quietly and nod while he talks
- C) Start talking about your own problem



♥ LEVEL 2: LISTENING MODE

Read the scenarios and choose the best listening skill.

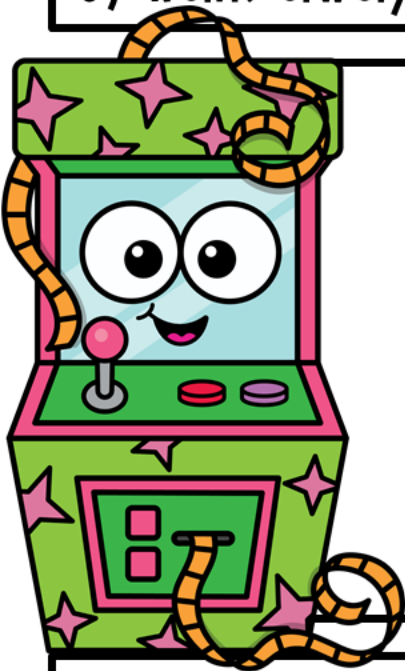
Your friend is explaining how to build something in Minecraft, but you don't understand right away.

- A) Pretend you understand
- B) Ask questions to make sure you get it
- C) Walk away because it's confusing



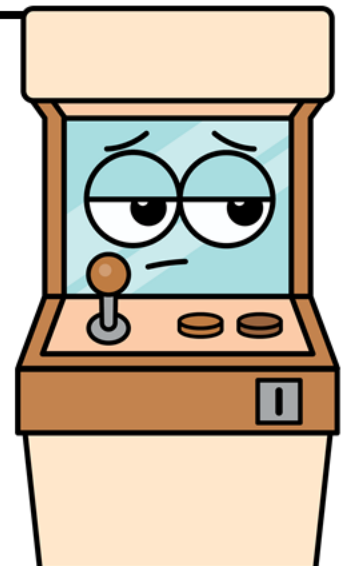
Two friends are talking about their weekend. You really want to join the conversation.

- A) Wait for a pause before you speak
- B) Jump in and talk over them
- C) Shout your story louder



Your friend is telling you about his new video game, but you keep looking around the room.

- A) Look at your friend while he talks
- B) Keep playing your game while he talks
- C) Interrupt to tell your own story



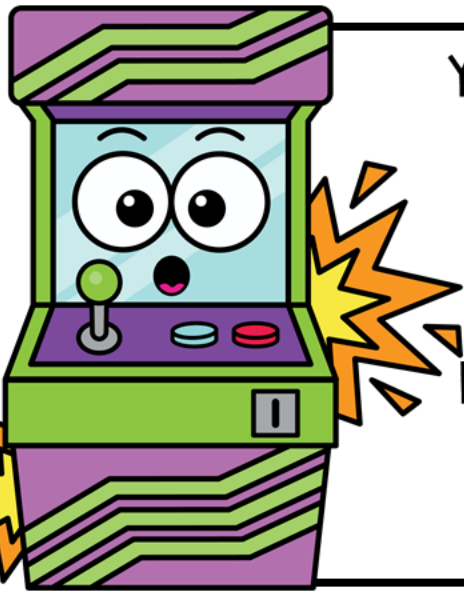


LEVEL 2: LISTENING MODE

Read the scenarios and choose the best listening skill.

Your friend is explaining why he's upset, and you start thinking about your favorite video game.

- A) Focus your eyes and ears back on your friend
- B) Keep daydreaming until he's done
- C) Tell him you don't care right now



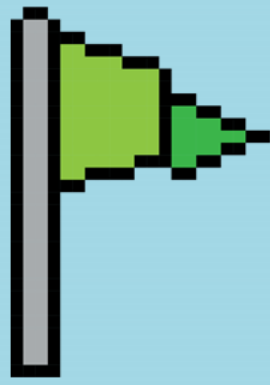
You're working in a group, and two people are talking at the same time.

- A) Listen to both at once and hope you catch it all
- B) Ask politely for one person to speak at a time
- C) Stop listening and do your own thing.

Your friend stayed home sick and sent you a message saying he feels awful.

- A) Don't reply — he probably doesn't want to talk
- B) Send a short message back saying you hope he feels better
- C) Tell him you're mad he missed school





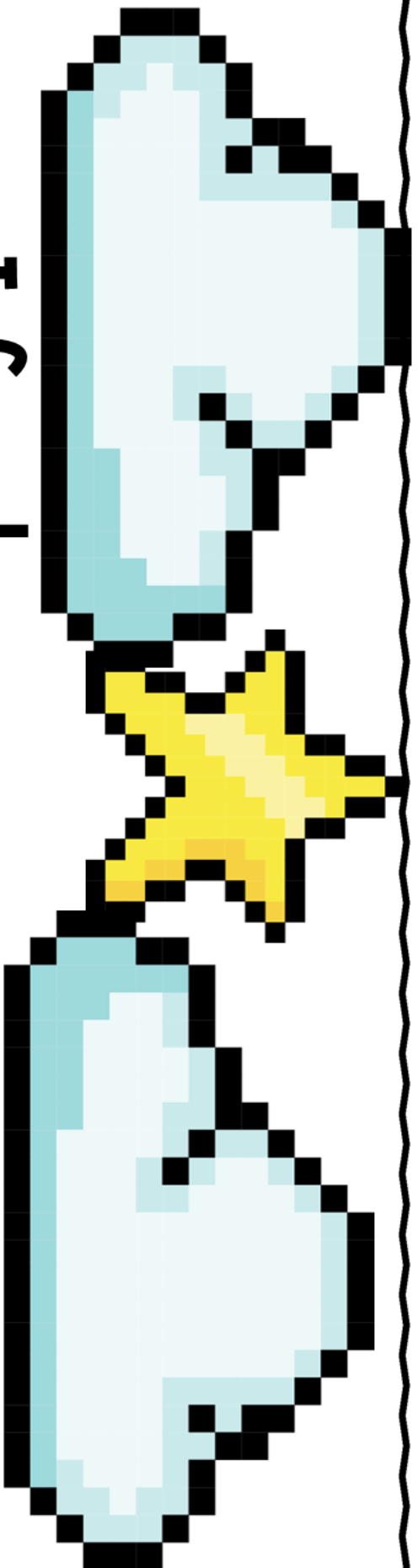
LEVEL 3:

USE "I"

MESSAGES

Goal: Express feelings without blaming.





I feel

when

because

"I" Message



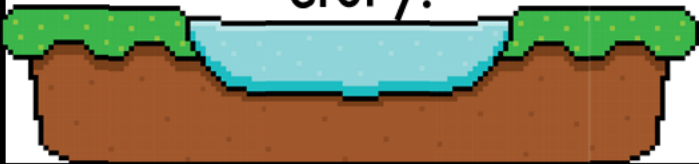
Your friend took
your seat at lunch
and won't move.



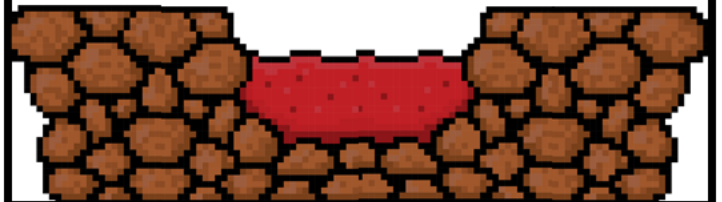
Your friend didn't
pick you for his
team even though you
really wanted to play.



Your friend keeps
interrupting you while
you're trying to tell a
story.



Your friend took
your pencil without
asking.

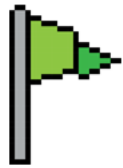


Your friend laughed
after you missed the
ball during gym class.



Your friend
started a
game without you and
said there wasn't room
to join.





LEVEL 3: USE "I" MESSAGES

Read the situation and create an "I" Message to respond to it.

Your friend took
your seat at
lunch and won't
move.



I feel _____
when _____
because _____.

Your friend keeps
interrupting you
while you're trying
to tell a story.

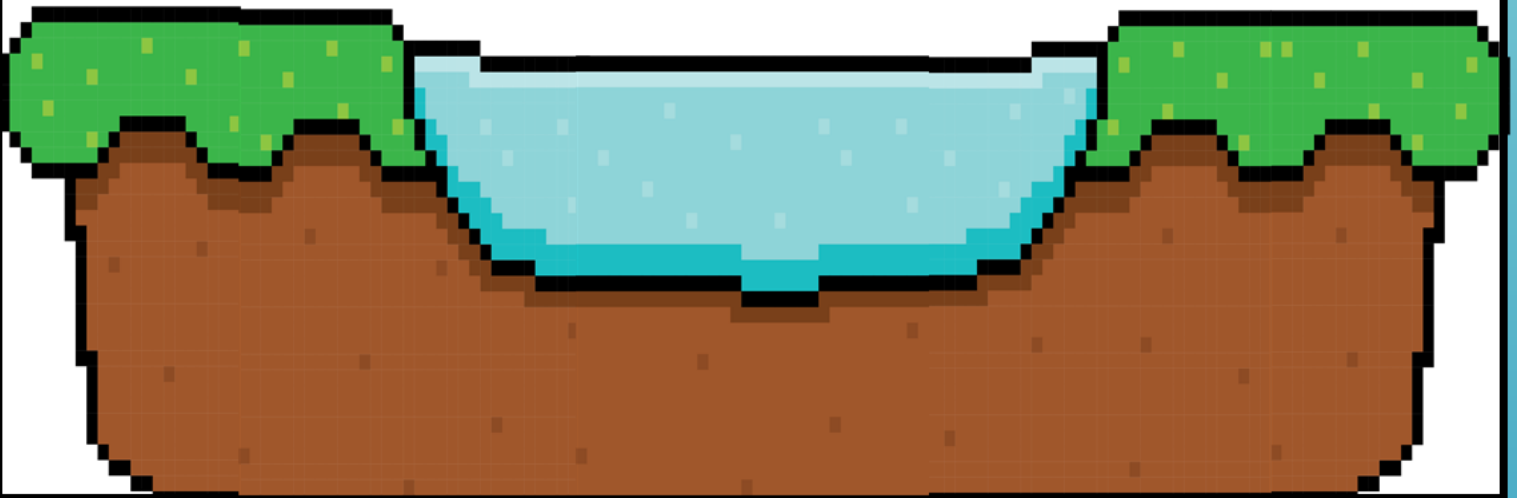


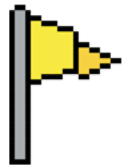
I feel _____
when _____
because _____.

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because _____.





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Read the situation and create an "I" Message to respond to it.

Your friend didn't pick you for his team even though you really wanted to play.



I feel _____

when _____

because _____.

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I feel _____

when _____

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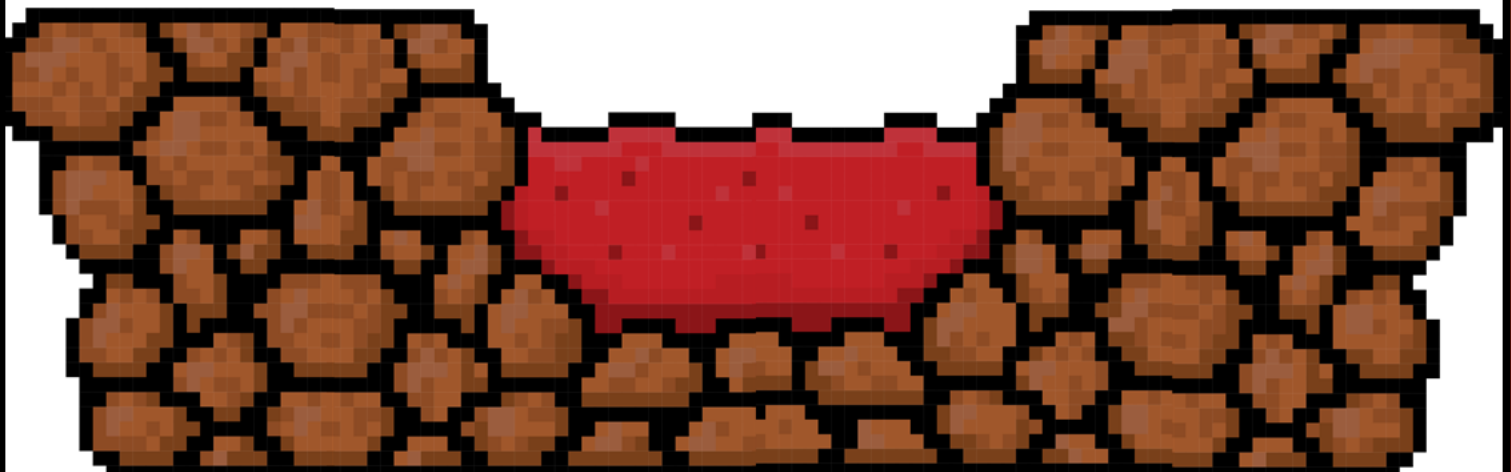
Your friend started a game without you and said there wasn't room to join.



I feel _____

when _____

because _____.





LEVEL 4:

**FIND A
WIN-WIN**

Goal: Find a solution that works for everyone.





LEVEL 4: FIND A WIN-WIN

Brainstorm 3 win-win ideas with your partner or group. Write them below. Then decide which is the fairest option and put that one where the trophy is.



There's only one ball at recess, and everyone wants to use it.











You and your friend both want to play different video games during free time











You and your partner both want to be the line leader today.











LEVEL 4: FIND A WIN-WIN

Brainstorm 3 win-win ideas with your partner or group. Write them below. Then decide which is the fairest option and put that one where the trophy is.



Your group is building with blocks, and one person wants to make a castle while another wants to make a spaceship.











You and your friend both want to sit next to the same person at lunch.











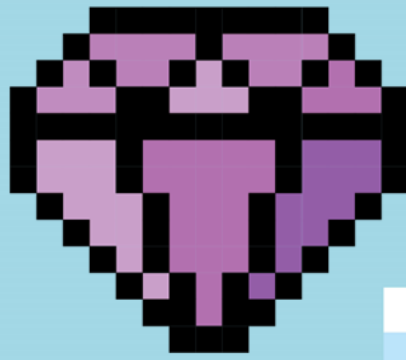
You and your teammate both want to be the one who takes the final shot in a game.











LEVEL 5:

MAKE IT

RIGHT

Goal: Repair the friendship after a mistake.





LEVEL 5: MAKE IT RIGHT

In each arcade screen, write what you could say to make things right for each friendship mistake.

You called your friend a name when you were mad.

You accidentally broke your friend's favorite toy.

You bragged about winning and made your friend feel bad.

You didn't wait for your friend when you said you would.



LEVEL 5: MAKE IT RIGHT

In each arcade screen, write what you could say to make things right for each friendship mistake.

You told a secret your friend asked you to keep.

You laughed when your friend tripped and fell.

You got mad during a game and stormed off without saying goodbye.

You left your friend out of a group activity because you wanted to play with someone else.



BONUS

LEVEL






Goal: Practice using the power-ups with a real-life situation from your life.



★ BONUS LEVEL ★

Pick ONE real-life problem you've had with a friend. Write or draw what happened and how you could use the 5 Power-Ups to fix it!

Real-life problem:

Power-up	How I'll Use It
 Pause & Breathe	
 Listen	
 Use "I" Messages	
 Work together	
 Make it right	



VICTORY REFLECTION

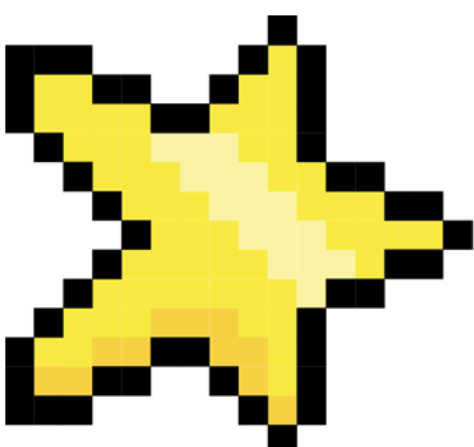
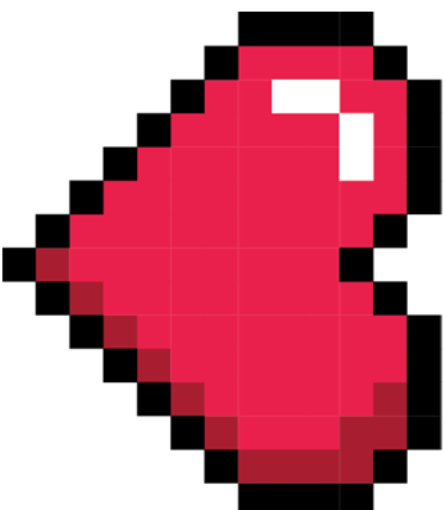
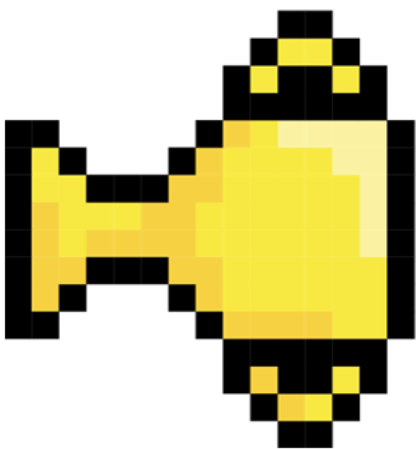


Which Power-Up is easiest for you?

Which Power-Up do you need to practice?

How can you use these skills at school or home?

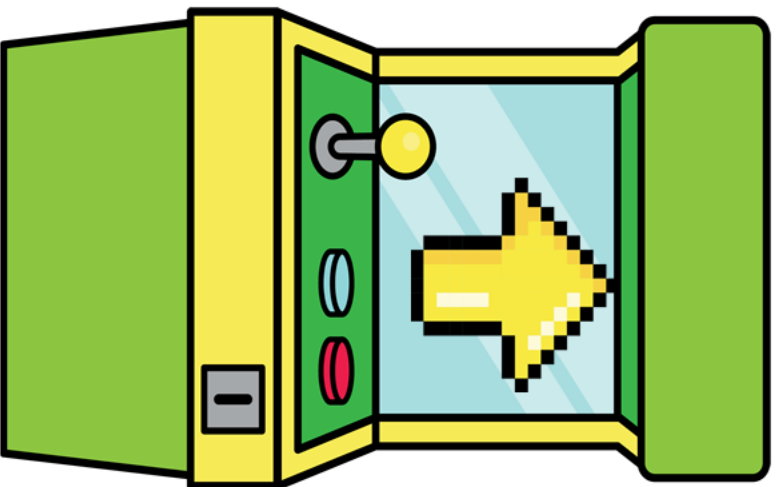




YOU

POWERED UP

FOR PEACE!



Name: _____

Signed: _____

Date: _____

**BLACK &
WHITE
VERSION**



POWER UP FOR PEACE

Learning Objective:

Identify and practice five steps to resolve conflicts peacefully.

Materials:

- *Handouts and Posters.
- *Pencil, scissors. (Cut out the cards beforehand)

Guiding Questions:

- *How does pressing your "pause button" help you make better choices?
- *Why is it important to really hear what the other person is saying?

Session Details (about 30 minutes)

"Today, we are going to learn how to handle problems with friends. Each level teaches a 'Power-Up' that helps you stay calm and solve problems like a real-life arcade hero." Show the power up poster. Let's level up our peace power and learn how to solve problems like pros!

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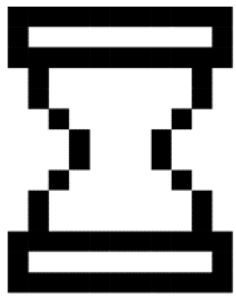
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CONFLICT POWER UPS



LEVEL 1

Pause & Breathe

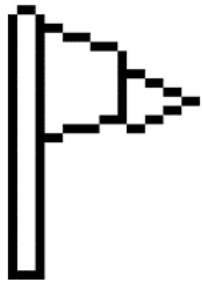
Goal: Stay calm before reacting.



LEVEL 2

Listen

Goal: Listen before you respond.



LEVEL 3

Use "I" Messages

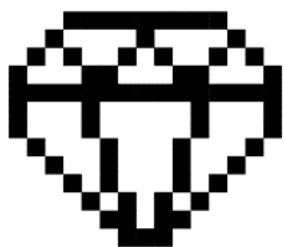
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LEVEL 4

Work together

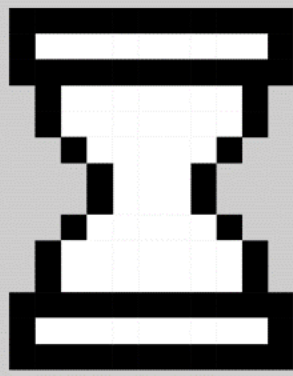
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LEVEL 5

Make it right

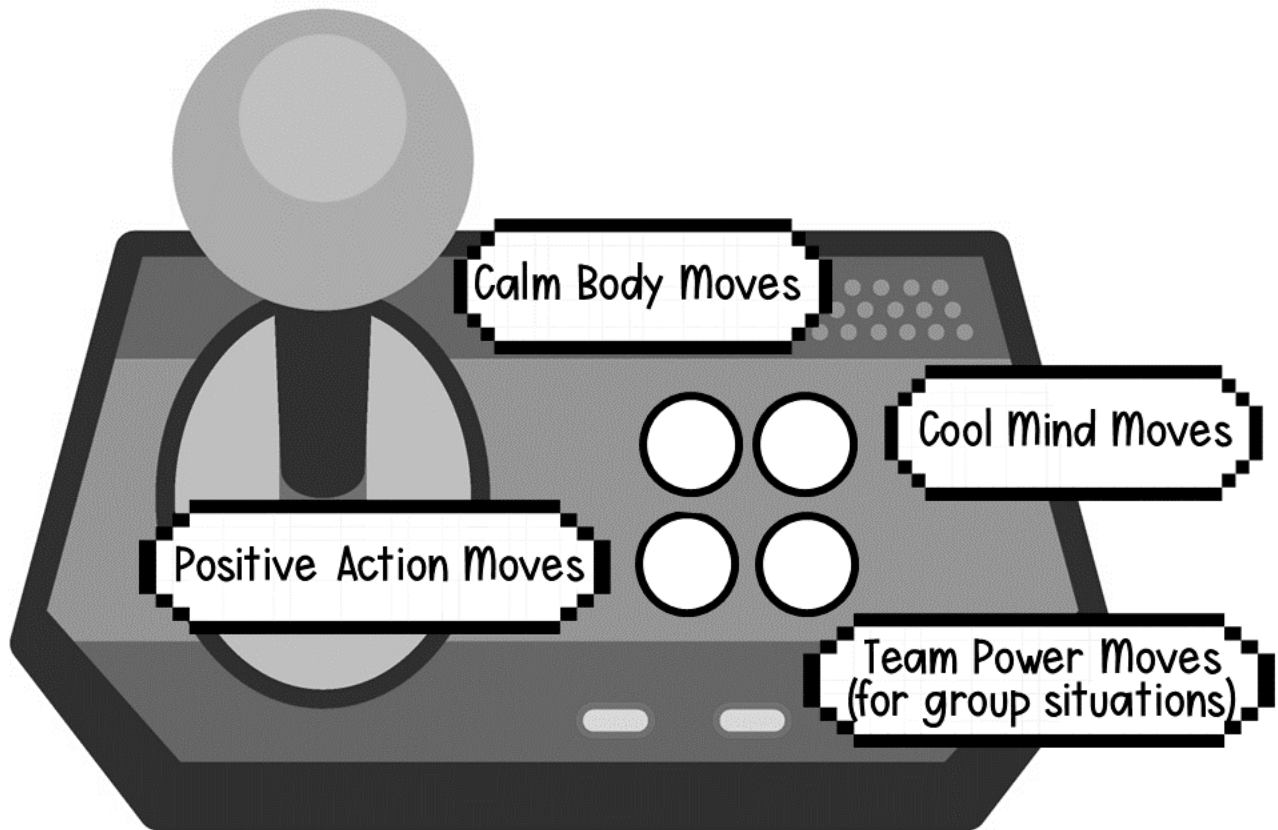
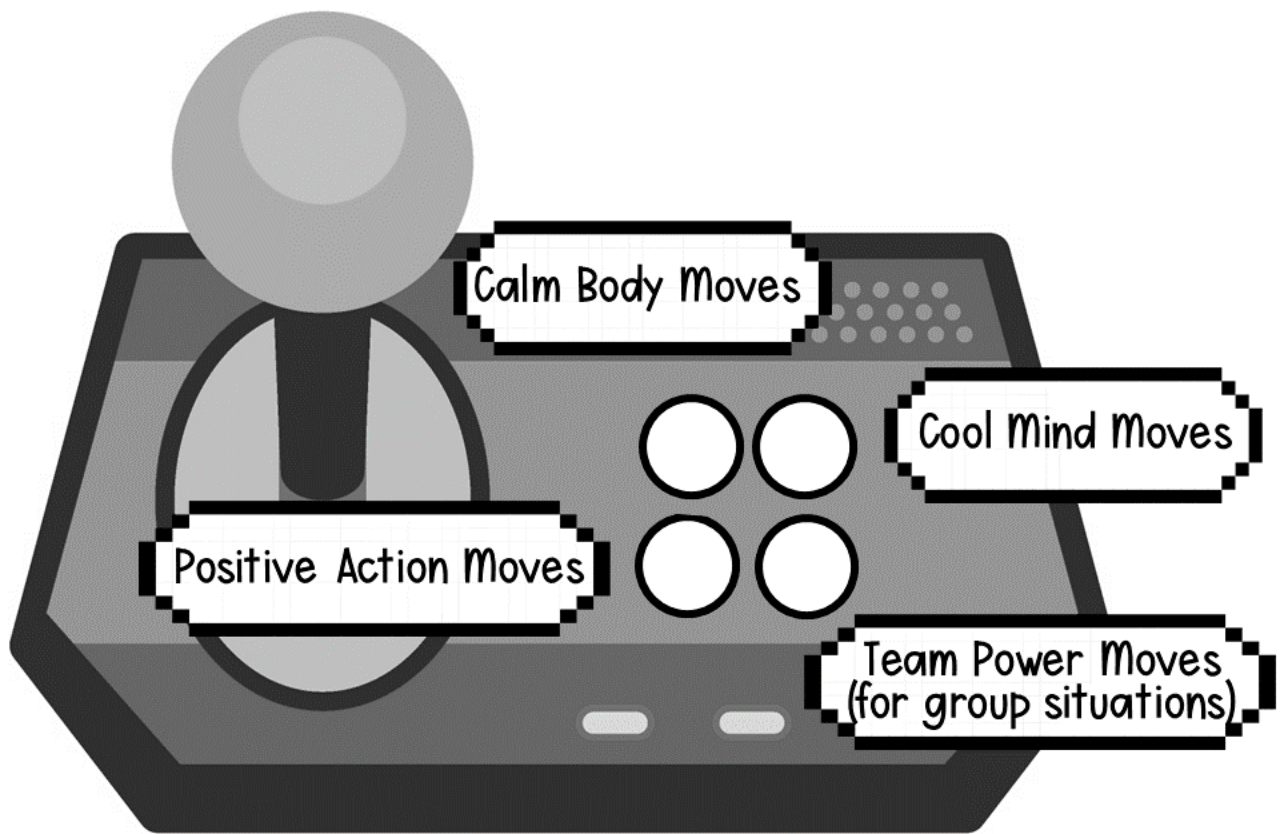
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- Think about what a good friend would do next

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- Ask for a break or to talk to an adult
- Walk to a "calm corner" or designated area
- Write or draw what you're feeling
- Take a quick lap or stretch your legs
- Use a fidget tool or stress ball quietly
- Say to your friend: "I need a minute."
- Listen to music or hum a favorite tune
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- Take 5 deep breaths
 - Count slowly to 10
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 - Stretch your arms or shoulders
- Sit down and take a drink of water
- Put your hands in your pockets or behind your back
- Step away from the problem for a minute
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- Say, "Let's pause and start over."
- Take turns counting to 3 before trying again
- Ask, "Can we reset this game?"
- Offer to switch roles or take a break together
- Use humor to lighten the mood (but never to tease!)

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You're playing a board game, and your friend changes the rules to make himself win.

Name: _____



LEVEL 1: THE PAUSE BUTTON

Put a checkmark on which Pause Power Move you used and write the specific move below

1

Calm Body

Cool Mind

Positive Action

Team Power

PAUSE POWER MOVE:

2

Calm Body

Cool Mind

Positive Action

Team Power

PAUSE POWER MOVE:

3

Calm Body

Cool Mind

Positive Action

Team Power

PAUSE POWER MOVE:

4

Calm Body

Cool Mind

Positive Action

Team Power

PAUSE POWER MOVE:

5

Calm Body

Cool Mind

Positive Action

Team Power

PAUSE POWER MOVE:

6

Calm Body

Cool Mind

Positive Action

Team Power

PAUSE POWER MOVE:

7

Calm Body

Cool Mind

Positive Action

Team Power

PAUSE POWER MOVE:

8

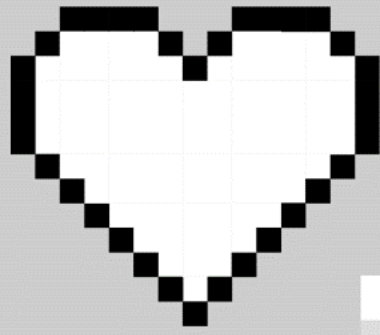
Calm Body

Cool Mind

Positive Action

Team Power

PAUSE POWER MOVE:



LEVEL 2: LISTENING MODE

Goal: Listen before you respond.



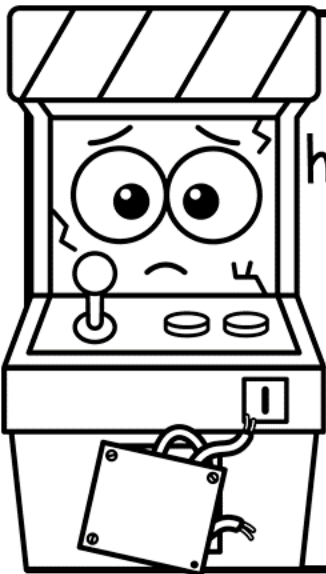
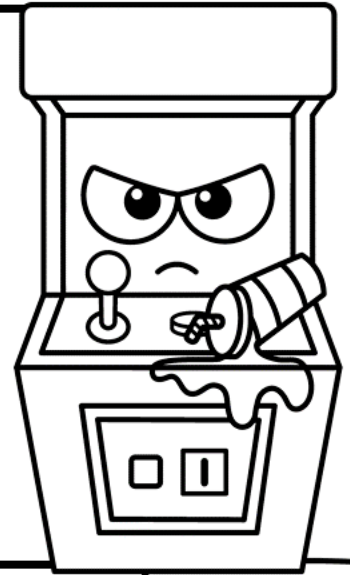


LEVEL 2: LISTENING MODE

Read the scenarios and choose the best listening skill.

You and your friend both want to play different games at recess.

- A) Talk louder so they hear you
- B) Wait your turn and repeat what they said
- C) Walk away and play alone

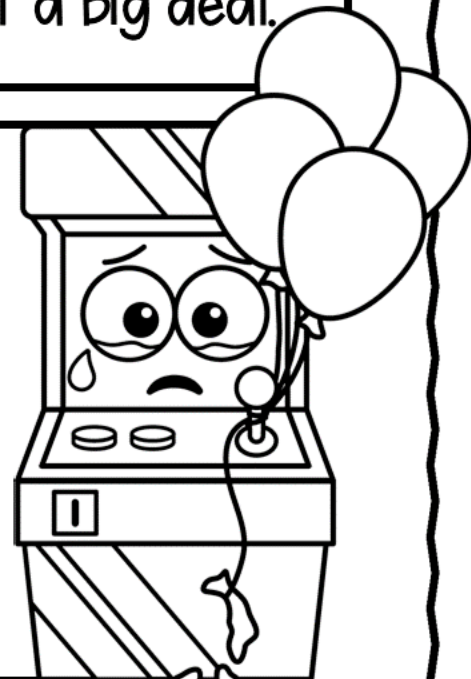


Your friend is telling you about a problem he had at home, and you're not sure what to say.

- A) Listen carefully and say, "That sounds hard."
- B) Change the subject to something funny
- C) Tell him it's not a big deal.

Your classmate is upset because he lost his turn. He's trying to tell you how he feels.

- A) Say, "That's not a big deal."
- B) Listen quietly and nod while he talks
- C) Start talking about your own problem



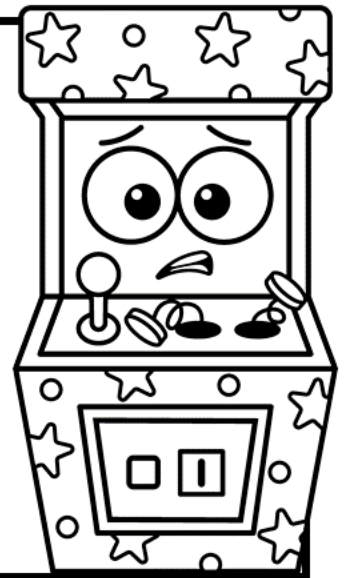


LEVEL 2: LISTENING MODE

Read the scenarios and choose the best listening skill.

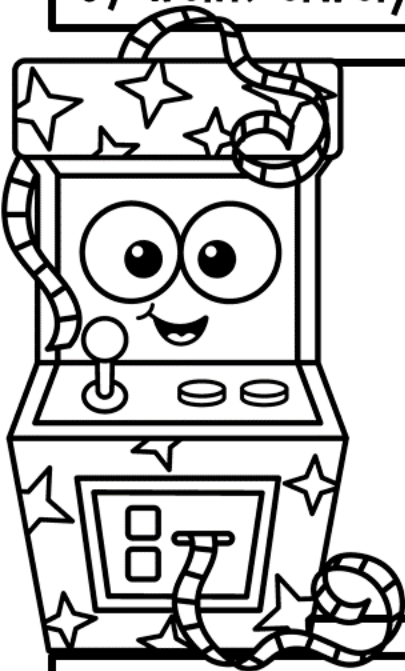
Your friend is explaining how to build something in Minecraft, but you don't understand right away.

- A) Pretend you understand
- B) Ask questions to make sure you get it
- C) Walk away because it's confusing



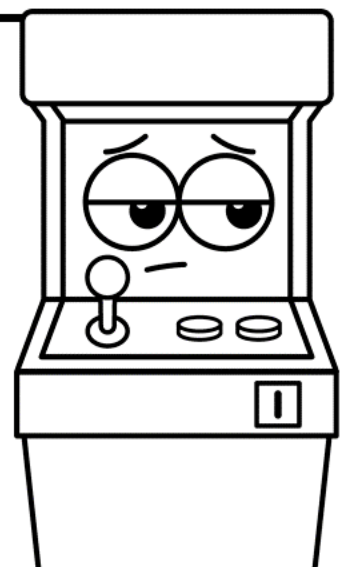
Two friends are talking about their weekend. You really want to join the conversation.

- A) Wait for a pause before you speak
- B) Jump in and talk over them
- C) Shout your story louder



Your friend is telling you about his new video game, but you keep looking around the room.

- A) Look at your friend while he talks
- B) Keep playing your game while he talks
- C) Interrupt to tell your own story



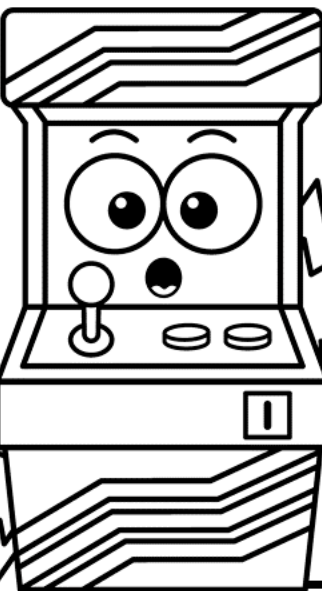
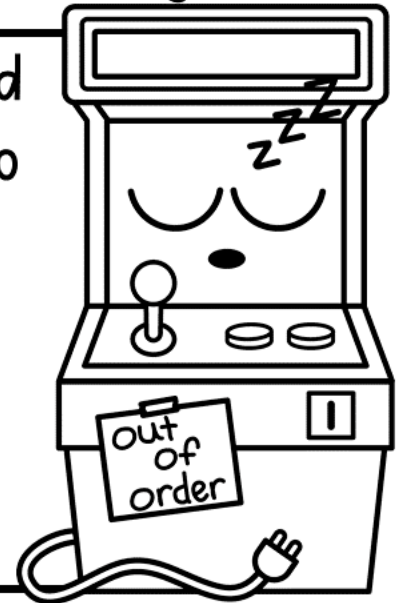


LEVEL 2: LISTENING MODE

Read the scenarios and choose the best listening skill.

Your friend is explaining why he's upset, and you start thinking about your favorite video game.

- A) Focus your eyes and ears back on your friend
- B) Keep daydreaming until he's done
- C) Tell him you don't care right now

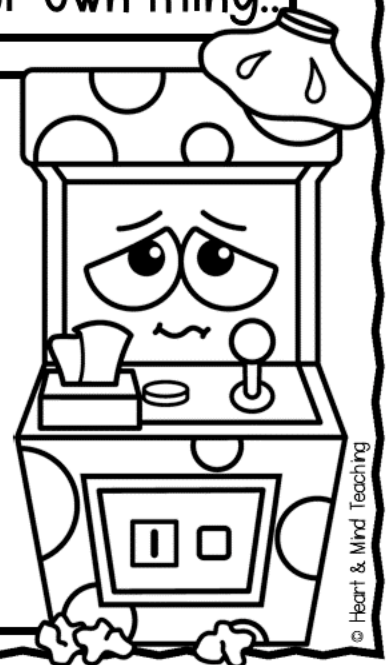


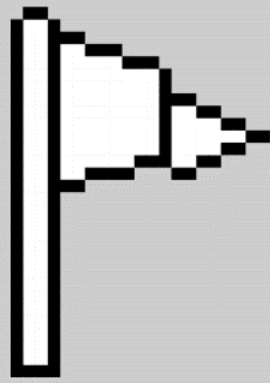
You're working in a group, and two people are talking at the same time.

- A) Listen to both at once and hope you catch it all
- B) Ask politely for one person to speak at a time
- C) Stop listening and do your own thing.

Your friend stayed home sick and sent you a message saying he feels awful.

- A) Don't reply — he probably doesn't want to talk
- B) Send a short message back saying you hope he feels better
- C) Tell him you're mad he missed school





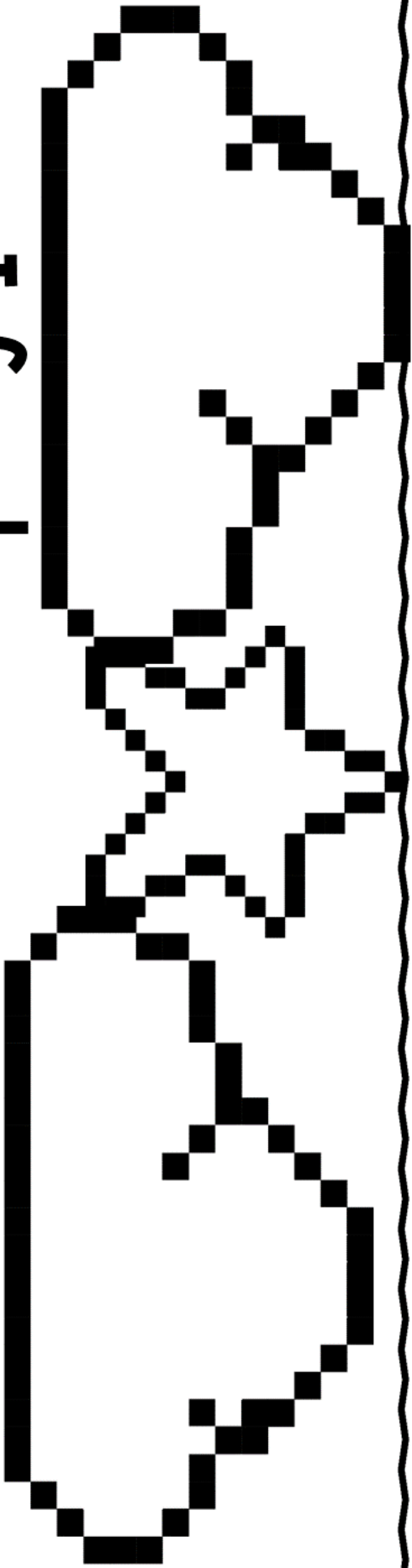
LEVEL 3:

USE "I"

MESSAGES

Goal: Express feelings without blaming.





I feel _____

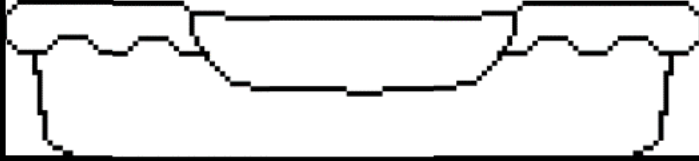
when _____

because _____

"I" Message



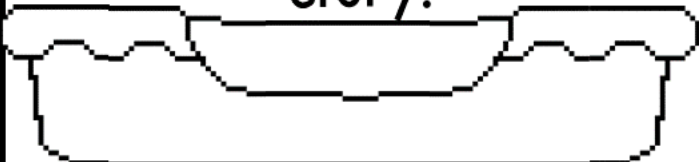
Your friend took
your seat at lunch
and won't move.



Your friend didn't
pick you for his
team even though you
really wanted to play.



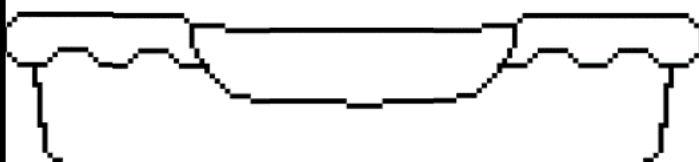
Your friend keeps
interrupting you while
you're trying to tell a
story.



Your friend took
your pencil without
asking.



Your friend laughed
after you missed the
ball during gym class.



Your friend
started a
game without you and
said there wasn't room
to join.

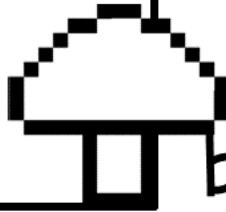




LEVEL 3: USE "I" MESSAGES

Read the situation and create an "I" Message to respond to it.

Your friend took
your seat at
lunch and won't
move.

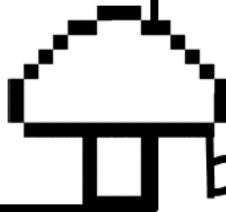


I feel _____

when _____

because _____.

Your friend keeps
interrupting you
while you're trying
to tell a story.



I feel _____

when _____

because _____.

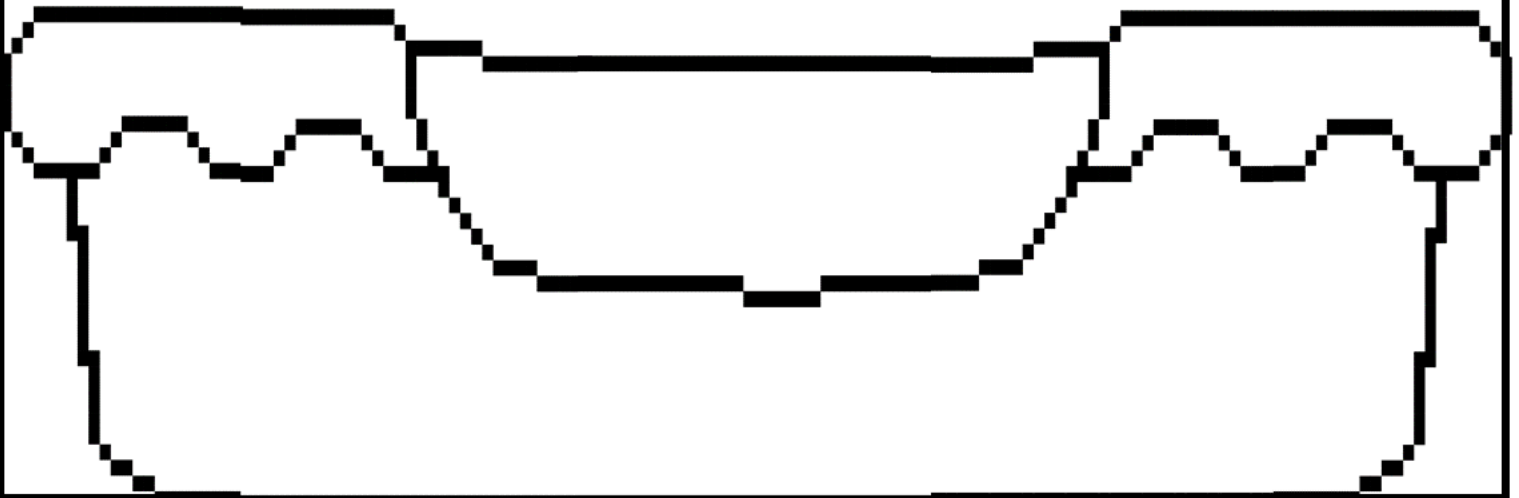
Your friend laughed
after you missed
the ball during
gym class.



I feel _____

when _____

because _____.





LEVEL 3: USE "I" MESSAGES

Read the situation and create an "I" Message to respond to it.

Your friend didn't pick you for his team even though you really wanted to play.



I feel _____

when _____

because _____.

Your friend took your pencil without asking.



I feel _____

when _____

because _____.

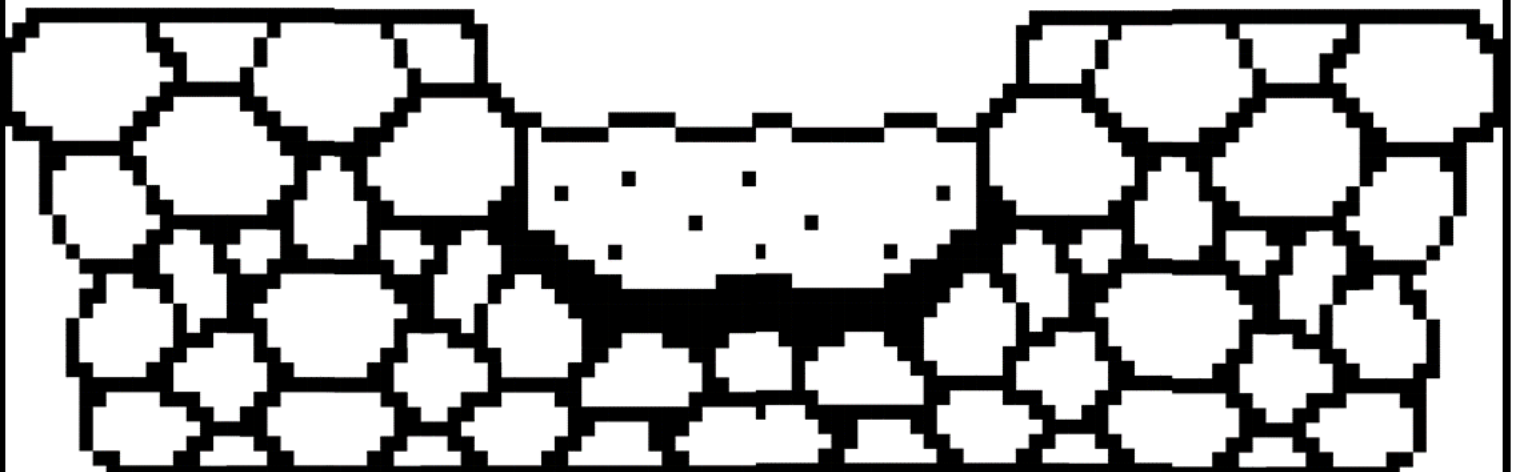
Your friend started a game without you and said there wasn't room to join.

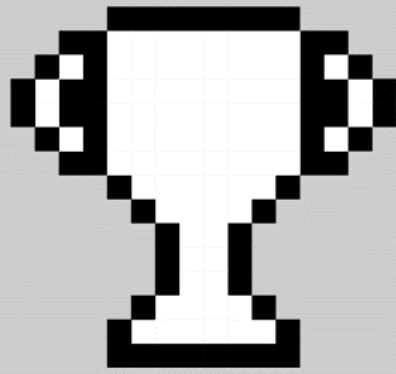


I feel _____

when _____

because _____.





LEVEL 4:

FIND A

WIN-WIN

Goal: Find a solution that works for everyone.





LEVEL 4: FIND A WIN-WIN

Brainstorm 3 win-win ideas with your partner or group. Write them below. Then decide which is the fairest option and put that one where the trophy is.



There's only one ball at recess, and everyone wants to use it.











You and your friend both want to play different video games during free time











You and your partner both want to be the line leader today.











LEVEL 4: FIND A WIN-WIN

Brainstorm 3 win-win ideas with your partner or group. Write them below. Then decide which is the fairest option and put that one where the trophy is.



Your group is building with blocks, and one person wants to make a castle while another wants to make a spaceship.











You and your friend both want to sit next to the same person at lunch.











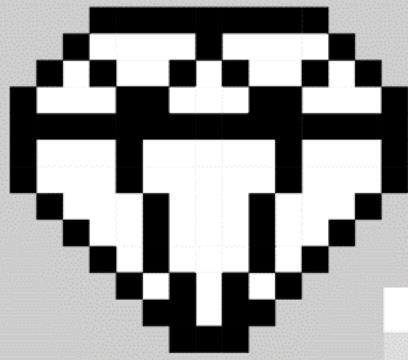
You and your teammate both want to be the one who takes the final shot in a game.











LEVEL 5:

MAKE IT

RIGHT

Goal: Repair the friendship after a mistake.





LEVEL 5: MAKE IT RIGHT

In each arcade screen, write what you could say to make things right for each friendship mistake.

You called your friend a name when you were mad.

You accidentally broke your friend's favorite toy.

You bragged about winning and made your friend feel bad.

You didn't wait for your friend when you said you would.



LEVEL 5: MAKE IT RIGHT

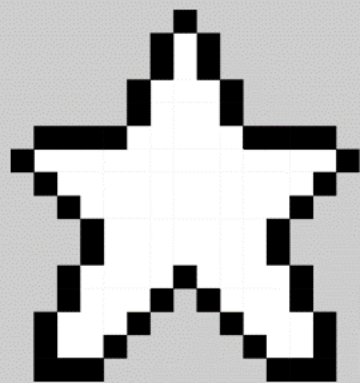
In each arcade screen, write what you could say to make things right for each friendship mistake.

You told a secret your friend asked you to keep.

You laughed when your friend tripped and fell.

You got mad during a game and stormed off without saying goodbye.

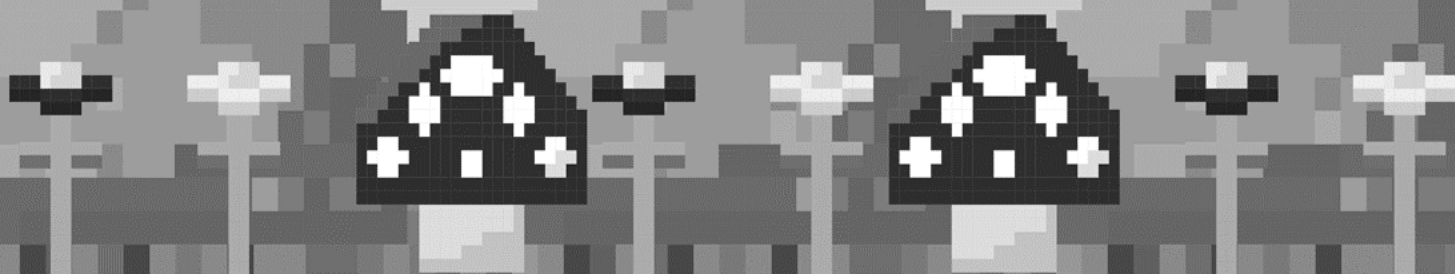
You left your friend out of a group activity because you wanted to play with someone else.



BONUS

LEVEL






Goal: Practice using the power-ups with a real-life situation from your life.

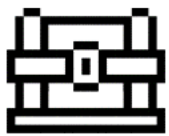


☆ BONUS LEVEL ☆

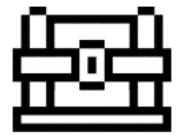
Pick ONE real life problem you've had with a friend. Write or draw what happened and how you could use the 5 Power-Ups to fix it!

Real life problem:

Power-up	How I'll Use It
 Pause & Breathe	
 Listen	
 Use "I" Messages	
 Work together	
 Make it right	



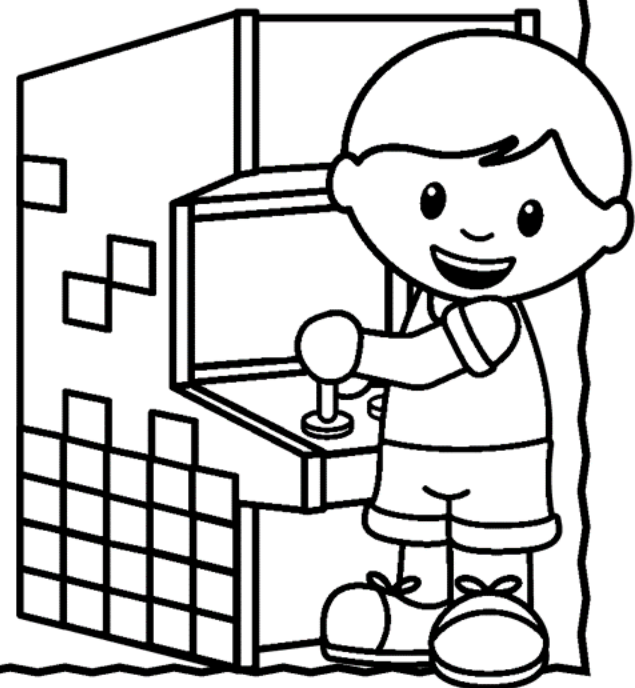
VICTORY REFLECTION

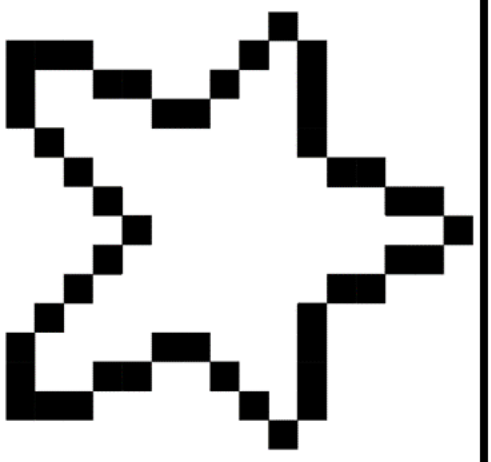
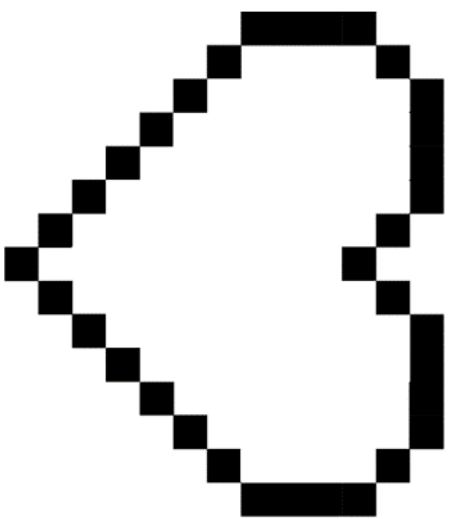
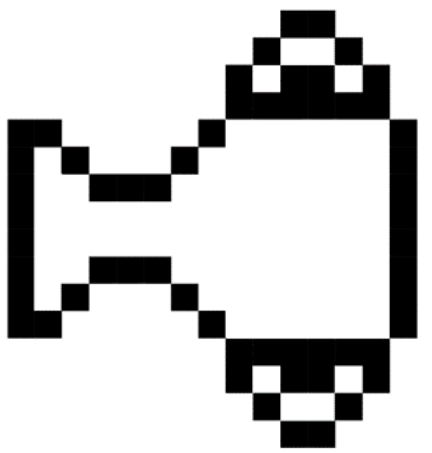


Which Power-Up is easiest for you?

Which Power-Up do you need to practice?

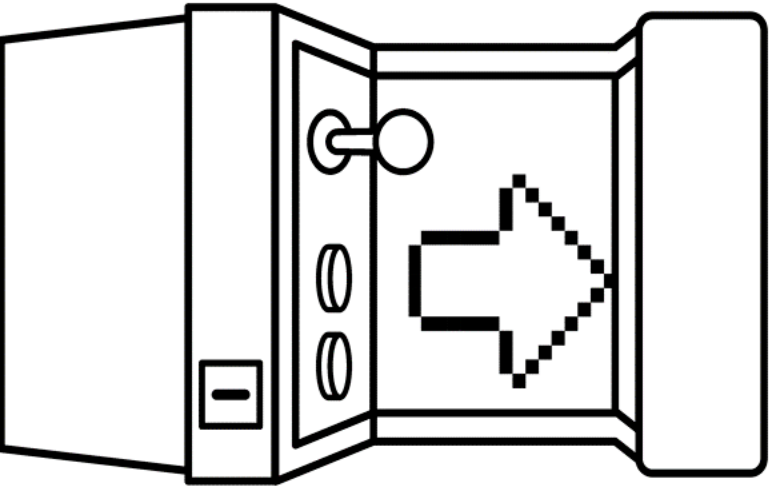
How can you use these skills at school or home?





YOU POWERED UP

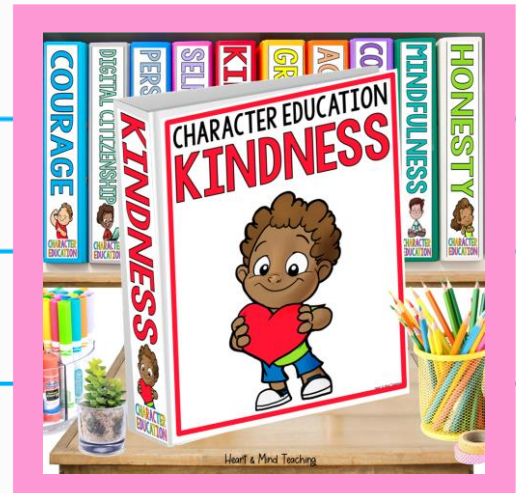
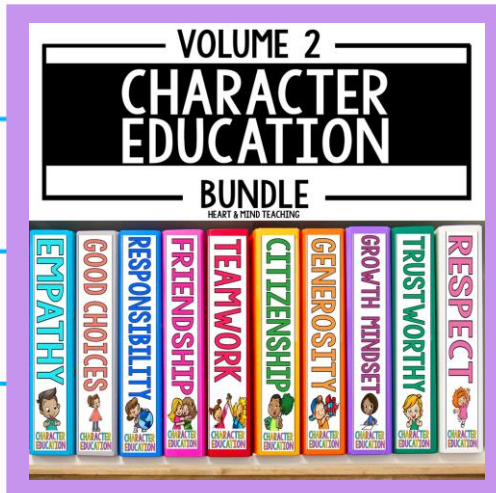
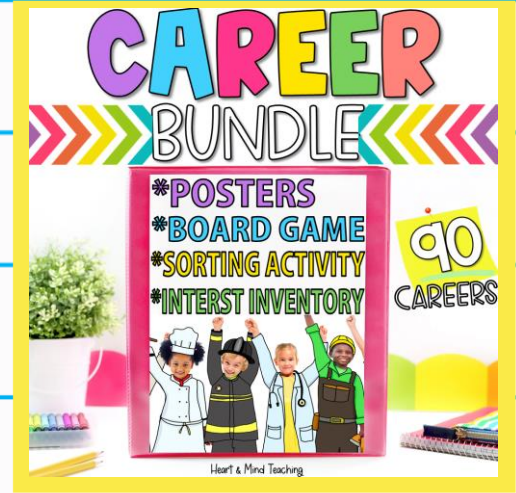
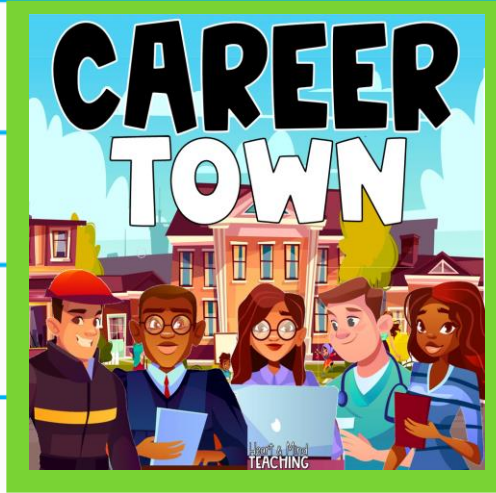
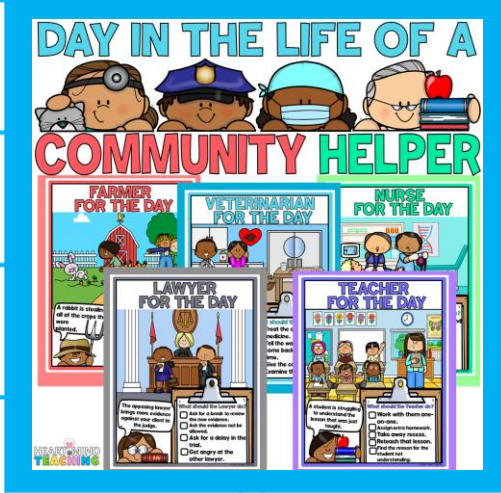
FOR PEACE!



Name: _____

Signed: _____ Date: _____

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