

Problem-Solving with the Family Peace Rose

Step One. Breathe in the sweet smell.

Step Two. Take turns sharing feelings and the problem.

I feel _____ (insert feeling)
when you _____
because _____.

Step Three. Come up with ideas.

How can you work it out? What ideas can you agree on?

Step Four. Try it out.

Try it. If it doesn't work, return to the Peace Rose and come up with another idea together.

Step Five. Think about it.

How did it go? Did it work?

