

# PEACEFUL INTERVENTION GAME PLAN

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## STEP 1: GET CALM

- Recognize your personal stress response
  - Breathe deeply
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## STEP 2: SET LIMITS WITH EMPATHY

- STOP dangerous behavior with: *"Whoa." "Freeze."*
  - Observe situation from each child's POV (*keep breathing*)
  - Name what you see/hear: *"I see sad faces." "I hear yelling."*
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## STEP 3: THINK "TEACH," NOT "CONTROL"

- Ask kids: *"What is happening?"*
  - Ask yourself: *"What do I want them to learn?"*
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### **What do I really want my children *to learn* for now — and later?**

*Examples for younger ones:*

To share. To get help. To not hit. To give personal space. To follow rules.

*Examples for older ones:*

To fight fair. To not get physical. To not use personal information as ammunition. To ask for help. To set boundaries. To back off. To forgive. To lose gracefully. How to move past a disagreement, if they want to keep playing. How to disengage with dignity.