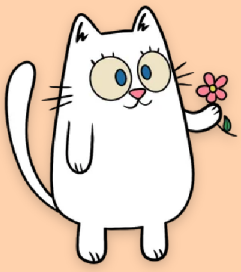
SEL · CONFLICT RESOLUTION · GRADES 3–5

Say It Back

Practice listening like a peacemaker: for five upset friends, say back what you heard with "It sounds like you feel... because...".



Name: _____ **Date:** _____

Good peacemakers **listen first**. When you say back what someone said, they know you heard them, and the conflict often gets smaller. Try: **"It sounds like you feel... because..."**

Say back what each friend said.

My friend says...	I say it back...
"You never pass me the ball!"	
"You told everyone my secret."	
"You always pick the game."	
"You laughed when I fell."	
"You took my seat."	

Why does saying it back help?

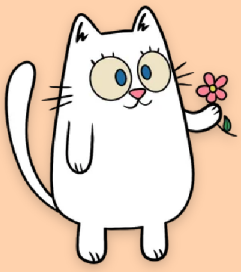
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ANSWER KEY · CONFLICT RESOLUTION · GRADES 3–5

Answer Key: Say It Back

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Good peacemakers **listen first**. When you say back what someone said, they know you heard them, and the conflict often gets smaller. Try: **"It sounds like you feel… because…"**

Say back what each friend said.

My friend says…	I say it back…
"You never pass me the ball!"	"It sounds like you feel left out because you want a turn."
"You told everyone my secret."	"It sounds like you feel hurt because you trusted me."
"You always pick the game."	"It sounds like you feel frustrated because you want a say too."
"You laughed when I fell."	"It sounds like you feel embarrassed because I laughed."
"You took my seat."	"It sounds like you feel upset because you were sitting there first."

Why does saying it back help?

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