

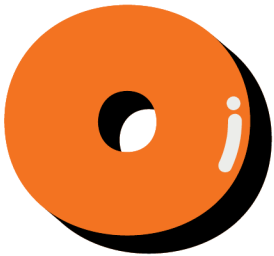
# Solve Conflicts Using SORRY

Help kids overcome conflicts using the five steps of SORRY.



## Stand Up

Stand up by reflecting and acknowledging what you did by apologizing for the specific thing that you did.



## Own It

Own what you did and don't make excuses.



## Respond Differently

Think about how you could have responded differently.



## Repair The Damage

What can you do to fix the problem? Sometimes repairing the damage is as easy as asking the person how you can fix it.



## Yield To Their Feelings

Step into that person's shoes. Understand how they may be feeling because of your choices and let them feel that.