



Spending time with family and friends is fun — and it can also bring up big feelings, making it hard to stay calm or express yourself. Here are a few ways to handle strong emotions and solve conflicts peacefully:

- Take deep breaths: *Smell the flower* (inhale), *blow out the candle* (exhale)
- Create your own calm-down space, like a blanket fort
- Talk about with your feelings with a caring adult
- Move your body – jump rope, dance, or play to release energy.

Developmental Asset #36 — PEACEFUL CONFLICT RESOLUTION: Young person seeks to resolve conflict nonviolently.

Learn more at www.projectcornerstone.org



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