

# Talk It Out - A Kelso's Strategy

Talk It Out is a way to fix a small problem. We can take care of it ourselves. Your kids have learned the steps to Talk It Out. We encourage the same attitude and body language as apologize.

1. Have good eye contact 
2. Speak clearly, face the person you are talking to
3. Have a genuine tone, with a good attitude 

This can be a helpful strategy in dealing with conflict. It is a challenging one to implement but can definitely change how problems are resolved.

## Steps 1 and 3

- This is identifying how you feel and what you need. Make sure that you are clear. Speak in one or two sentences.
  - "I feel frustrated when you won't let me play."
  - "I need to be able to play sometimes."

## Steps 2 and 4

- This is acknowledging that you have heard what was said in steps 1 and 3 and what you are willing to do to fix the problem.
  - "I heard you say you are frustrated."
  - "I heard you say you need to be able to play and I am willing to share these toys and play together."

As with all conflict resolution, once an agreement is reached, we must follow through.

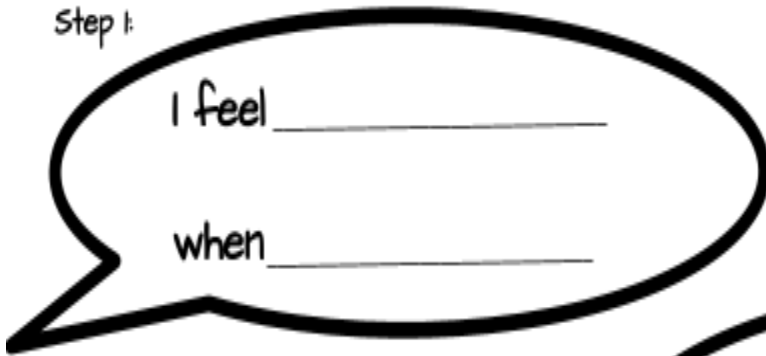
Let me know if you have questions or if I can help in anyway.

Mrs. America, K-3 School Counselor, 626-2612 [amygriffin@ftbroncs.org](mailto:amygriffin@ftbroncs.org)

# Talk It Out - A Kelso's Strategy

Below are the steps your child is familiar with using to fix a small problem.  
Practicing this strategy can make them even better at fixing conflict themselves.

Step 1:



I feel \_\_\_\_\_  
when \_\_\_\_\_

Step 2:



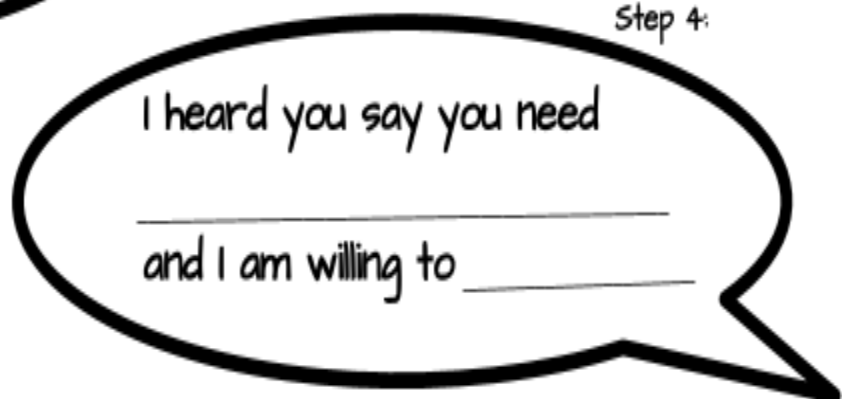
I heard you say  
you feel \_\_\_\_\_  
when \_\_\_\_\_

Step 3:



I need \_\_\_\_\_  
to make it better.

Step 4:



I heard you say you need  
\_\_\_\_\_  
and I am willing to \_\_\_\_\_