



Project Cornerstone and the YMCA

understand that spending a lot of time together, under stressful conditions, can lead to conflict. Sometimes expressing your feelings calmly, can be difficult. Remember, if something is upsetting you, talk it out with a caring adult.

- Try taking some deep breaths when you are angry. Smell the flower (inhale), blow out the candle (exhale).
- Build a fort, using pillows, blankets, and chairs. Make this your own space where you can calm down.
- Talk about what you're feeling. Ask an adult if they have felt this way.
- Moving your body can help. Go outside for a game of tag, jump rope, hopscotch or have a dance party!

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

Learn more at www.projectcornerstone.org



Project Cornerstone and the YMCA

understand that spending a lot of time together, under stressful conditions, can lead to conflict. Sometimes expressing your feelings calmly, can be difficult. Remember, if something is upsetting you, talk it out with a caring adult.

- Try taking some deep breaths when you are angry. Smell the flower (inhale), blow out the candle (exhale).
- Build a fort, using pillows, blankets, and chairs. Make this your own space where you can calm down.
- Talk about what you're feeling. Ask an adult if they have felt this way.
- Moving your body can help. Go outside for a game of tag, jump rope, hopscotch or have a dance party!

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

Learn more at www.projectcornerstone.org



Project Cornerstone and the YMCA

understand that spending a lot of time together, under stressful conditions, can lead to conflict. Sometimes expressing your feelings calmly, can be difficult. Remember, if something is upsetting you, talk it out with a caring adult.

- Try taking some deep breaths when you are angry. Smell the flower (inhale), blow out the candle (exhale).
- Build a fort, using pillows, blankets, and chairs. Make this your own space where you can calm down.
- Talk about what you're feeling. Ask an adult if they have felt this way.
- Moving your body can help. Go outside for a game of tag, jump rope, hopscotch or have a dance party!

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

Learn more at www.projectcornerstone.org



Project Cornerstone and the YMCA

understand that spending a lot of time together, under stressful conditions, can lead to conflict. Sometimes expressing your feelings calmly, can be difficult. Remember, if something is upsetting you, talk it out with a caring adult.

- Try taking some deep breaths when you are angry. Smell the flower (inhale), blow out the candle (exhale).
- Build a fort, using pillows, blankets, and chairs. Make this your own space where you can calm down.
- Talk about what you're feeling. Ask an adult if they have felt this way.
- Moving your body can help. Go outside for a game of tag, jump rope, hopscotch or have a dance party!

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

Learn more at www.projectcornerstone.org