



**Soul Shoppe**

**Peace Path**

**Guidebook**



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## SECTION 1: Introduction to the Peace Path & Soul Shoppe

### **Welcome to Your Peaceful Playground!**

Thank you so much for purchasing a Soul Shoppe Peace Path! Soul Shoppe is a national empathy and character building organization based in Oakland, CA. Our live, interactive programs activate empathy in schools, eliminating bullying at the roots and building thriving respectful communities. One of our best communication tools, the Peace Path, is being used on thousands of playgrounds across the United States, giving students a chance to resolve conflicts peacefully - literally "step by step." It allows adults to lessen their involvement or be involved in more meaningful ways, while empowering students to settle their own disagreements fairly with both parties being heard. Enjoy a more peaceful and fun school where students learn to walk and talk out their issues respectfully.

### **Using the Soul Shoppe Peace Path**

Students and adults can be trained to use the Soul Shoppe Peace Path, a life-size (4ft x 13ft), step by step conflict resolution model that gets painted on your playground. Any time a conflict arises, take the 2 students to the Soul Shoppe Peace Path and have them stand facing each other on opposite ends of the path. With each step, the students read the words on the path and fill in the ending of each phrase, with the student on the yellow feet reading first. As the students walk the path, they're practicing conflict resolution skills and emotional self-awareness, and, they're calming down by reading the soothing words, expressing themselves and thinking about what to do next time. Step by step the source of the problem is brought to light, requests are made and commitments to new behavior are agreed upon.

To start using the Soul Shoppe Peace Path, it's best to train your teachers and yard supervisors to lead students through the path when conflicts arise. Step by step instructions for this are provided in Section 4. As educators, we know the value of having students work a process on their own, speaking it through, acting it out, and learning through valuable experience, so we recommend that adults lead minimally, giving the students room to answer each step as they go and only stepping in to help when students get stuck.

## Essential Communication Tools

In order for students to grasp and develop the language of resolving conflicts, and learn to take responsibility for their part in a problem, we have to give them tools that are easy to use and comprehend. The Soul Shoppe Peace Path uses two powerful and simple communication tools: The "I" Message and The Clean Up, explained in Section 5. The more students can engage in dialogue that honors both sides, the more successful they will be at finding lasting solutions. Over 16 years of working with more than half a million children, we have found that students often solve problems more fairly than adults, and that using the Soul Shoppe Peace Path leads to solutions that are more satisfying (and therefore more practiced) than directives handed down from the adults in charge. It's not easy at any age to solve problems but having the right tools helps immensely, which is one of the reasons the Soul Shoppe Peace Path was created.



## SECTION 2: Where to Paint your Soul Shoppe Peace Paths

Where you paint the Soul Shoppe Peace Path is very important. Choosing the proper placement will help with better results. Most schools paint 3-4 Soul Shoppe Peace Paths on campus. The following are guidelines in choosing where to put them.

- Keep the Soul Shoppe Peace Path close enough to where children play so it's easily accessible, giving 10-20 feet of space from active games so there is privacy and so students can focus
- Make sure it's in sight of the adults on the playground so they can monitor if needed

Here are ideas of places to paint:

- Near problem games/activities on the recess yard
- Visible area where parents/guardians can see when they come on campus
- Near the office so when students are sent there with issues they can easily use it
- Near the lunch room in case an issue arises during lunch
- Kinder area

For best results, follow the instructions that came with your Soul Shoppe Peace Path. The types of paint are very important to making Soul Shoppe Peace Paths that last. Have fun and be creative! Soul Shoppe Peace Paths that have a little flourish are fun for the kids to look at and can make it feel better to be on the path.



## SECTION 3: What Types of Problems Get Solved on the Soul Shoppe Peace Path

There is NO problem too small to go to the Soul Shoppe Peace Path - whether someone cuts someone else in line, makes fun of them, pushes, starts a "club" against them or talks behind their back. Think what happens when someone cuts in front of you, say, in traffic – do you ever think how rude they are? Then we start to see all their actions through that lens from that moment on. We may start to even dislike them. But if we solve that problem immediately, we can have understanding for each other, and stop those judgments that balloon into bigger problems later.

Obviously, problems of significant physical violence or racism need more serious help. If a child is too embarrassed or too full of feelings to be constructive, it's best to help them calm down before they get on the path.

As you know there are many types of issues students have with each other at school. Here is a list of appropriate problems for students to work through with each other on the Soul Shoppe Peace Path:

- Fairness and rule issues in games
- Playing too rough
- Name calling, teasing, bad words
- Exclusion and friends being left out
- The myriad of friend issues
- Line cutting and pushing
- Bragging and boasting
- Taking turns

The following are problems to be handled by the administration and NOT appropriate for students to resolve with each other on the Soul Shoppe Peace Path:

- Racist comments
- Physical fighting
- Severe bullying

Before students get on the Soul Shoppe Peace Path, please make sure they are ready. If they need a few minutes to calm down enough to talk through the Soul Shoppe Peace Path, give it to them. Let them know they can get back to recess after they work it out on the Soul Shoppe Peace Path, and that will usually calm them down immediately. It's imperative they be ready to talk it out.

## SECTION 4: Helping Students on the Soul Shoppe Peace Path

Before the students start resolving their conflict through the Soul Shoppe Peace Path, make sure they “Stop & Breathe” and are calm enough to talk it out. If they are still too worked up when they start they will not be able to think or articulate what they need. So have them:

1. Stop: collect themselves
2. Breathe: take several deep breaths until they calm down

The following script is used for two student Peacemakers to support two students having a conflict. This script is on a set of “Peace Keys” that students keep on them in case they are called upon to resolve in issue. For your use, print out these instructions or purchase “Peace Keys” at [www.soulshoppe.com](http://www.soulshoppe.com)

### 1) Get Ready

- Make sure they are calm and ready to solve the problem.
- Ask them:
  - “Do you need our help?”
  - “Are you ready to solve this peacefully?”
  - “Let’s go to the Soul Shoppe Peace Path.”

### 2) Three Rules

- Tell them the rules first:
  - “These are the rules:”
  - “Treat each other with respect.”
  - “Listen without interrupting.”
  - “Work to solve the problem.”
- Ask each student: “Can you agree to these rules?”
- Once you have agreement, move on to the next step.

### 3) Be the Guide & Problem Solved

- “OK, let’s solve this problem.”
- “The person on the yellow feet will always speak first.”
- “Everyone gets a turn.”
- “Now, use the words on the path, and begin.”

*Note:* Make sure you start at the correct end of the path, the one that says “Soul Shoppe Peace Path.”

You will see two different colored feet, yellow and blue. One student stands on the first set of yellow feet and the other student on the first set of blue feet facing each other.

Yellow feet will speak first, finishing the sentences: I feel... When...

Blue then answers: I know that you feel... When...

Make sure they are listening to each other.

Then move to the next step and so on.

For the younger ones you will have to guide them and ASK them through the path. For example: "How do you feel?", "What do you need?" or "What will you do next time?"

#### **4) Put It Down and Shake Hands**

- Ask each of the students as they are on the last step:
  - "What will you do from now on?" (Let them each answer)
  - "Please shake hands."
  - "Great job! Please tell others this problem is solved."
  - "We will check back and make sure everything is still okay."
  - "Leave in Peace."

#### **Questions to ask as students they move along the Soul Shoppe Peace Path**

The following are some questions to ask the students on the path that will help you get closer to the real problem. Asking these questions helps them think on a deeper level and come up with more relevant solutions.

- How did you feel?
- What actually happened?
- What do you want them to do instead?
- What will you do next time?
- Is there anything else?



## What if students can't solve the problem or conflict?

Occasionally two students will not be able to come to a satisfactory conclusion with their problem. There will be times, even though we want them to figure it out on their own, when adults have to step in and guide them further. Here are some strategies for handling that:

- Ask them what they can agree on for the time being.
- Wait until next recess and go through the Soul Shoppe Peace Path again.
- Let them know that not all problems are solved, but they can agree to get along and try to work on it.
- Let the Principal or their teacher know what is going on and see if they can help solve it.
- Ask each what they really need (give suggestions), to solve this issue and help them work it out.



## SECTION 5: After Students Go Through the Soul Shoppe Peace Path

### Creating Agreements

The agreements they make at the end of the process are very important. As you know, young children need to be reminded several times of what they agreed to. There will be times when they work out the problem and then go right back to the old behavior. Upon completing the Soul Shoppe Peace Path make sure to follow these simple steps:

- Have the students repeat back their agreements so it is in their own words
- Make sure the agreements are clear and doable
- Have them look at each other and commit to these new actions
- Let them know you will be checking back in to see how it is going
- Have them stop and breathe before they go back to what they we're doing

### Checking Back In

Whenever possible go back and ask how it's going. Ask if students need any help with carrying out their agreements. This gentle reminder is invaluable in prompting the new behavior. It also lets them know that you really care and have their back. Often times the small problem has underlying concerns or disputes that may have been building all school year. By checking back you can address anything new that may resurface.

### Acknowledgements

Acknowledge students for the work they did on the Soul Shoppe Peace Path. Let them know that working out their problems on their own is how we grow up and make the world a better place. Make sure the acknowledgement is about them and not you. Often we say things like, "I really like the way you did that" or "The way you worked that out made me really happy." These statements make it about you. Make the acknowledgement specifically about them so they can start to internalize that they can solve problems on their own.

Examples:


- "Nice job, you solved it on your own!"
- "Way to work together!"
- "Thank you for really listening to one another."
- "Thanks for making our school a more peaceful place."
- "That was some real negotiating, nice job."
- "Now go have fun!"

## SECTION 6: "I" Message and Clean-Up

As we mentioned earlier, The Soul Shoppe Peace Path has two main tools in it. Below is an explanation of both tools and can be used when the Soul Shoppe Peace Path is not available.

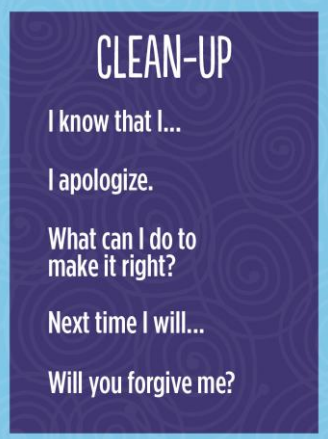
### "I" Message

This is a chance to speak up and ask for what you need in any situation without blame or accusation. The first step is identifying how you feel when a certain thing happens, followed by asking for what you need to resolve the situation.

<p><b>"I" Message</b></p> <p>When people ... I need ... Will you please ...?</p> <p><i>Example:</i> <i>I feel hurt</i> <i>When people grab the ball from me</i> <i>I need to play nicely</i> <i>Will you please ask before you grab?</i></p>	 <p><b>I MESSAGE</b></p> <p>I feel...</p> <p>When people...</p> <p>I need...</p> <p>Will you please...?</p>
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### Clean-Up

This is a very thorough apology. Many times in schools we have the students say they are sorry but it often sounds insincere and is not enough. The Clean-Up takes it to the next step to ask what is needed to resolve the issue, then making a commitment and asking for forgiveness. This tool has saved friendships, changed chronic behaviors and allowed people to really listen to each other. Try it yourself.

<p><b>Clean-Up</b></p> <p>I know that I ... I apologize. What can I do to make it right? Next time I will ... Will you forgive me?</p> <p><i>Example:</i> <i>I know that I grabbed the ball out of your hands</i> <i>I apologize.</i> <i>What can I do to make it right?</i> <i>(Wait and listen for the answer)</i> <i>Next time I will ask before I grab.</i> <i>Will you forgive me?</i></p>	 <p><b>CLEAN-UP</b></p> <p>I know that I...</p> <p>I apologize.</p> <p>What can I do to make it right?</p> <p>Next time I will...</p> <p>Will you forgive me?</p>
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## SECTION 7: Soul Shoppe Peacemakers

Ideally, a small group of charismatic student Peacemakers (3rd, 4th, and 5th graders) are specially trained to help other students solve problems by walking down the Soul Shoppe Peace Path at recess, lunch, or even during class (Mini 8.5x11 Soul Shoppe Peace Paths are available for your classrooms). The path contains Soul Shoppe’s powerful communication tools - the “I” Message and the Clean Up, written out in a simple, interactive, follow-the-directions format.

Soul Shoppe Peacemakers, unlike other conflict managers, do not roam the playground or lunchroom calling out problems and getting other kids “in trouble.” Research shows that student “reporter” models create more dissonance among peers. Instead, Peacemakers are trained and introduced to the school population as a resource that students can call upon as they need, or as adults deem necessary.

If you prefer not to train a select group of Peacemakers, you can also just introduce the Soul Shoppe Peace Path to the students, teach them how to use it, and then refer them to it when a problem comes up. More information is available on this process in later sections.



## SECTION 8: Supplementing and Augmenting the Soul Shoppe Peace Path - How can you create even more peace at your school?

The following services are available:

- **Live Peacemaker Training**  
Invite us to your school to train your Peacemakers. We will provide a full day of training for up to 30-35 peacemakers who will be thoroughly trained to resolve conflicts on your schoolyard during recesses.
- **Peacemaker Liaison Support**  
Peacemaker Liaisons are integral to student success! Our trainers will meet with your Liaison for 60-90 minutes, setting them up to roll out your program powerfully and keep Peacemakers fired up and on track throughout the year.
- **Yard-Duty Training**  
Yard Duties are keys to implementing an impactful Peacemaker Program. In this 90 minute training, we'll teach best practices for integrating Peacemakers into daily "discipline" and problem-solving practices, and how to best use Soul Shoppe tools on the playground, in the office and all over campus.
- **Staff In-service**  
This 60-90 minute in-service supports teachers to bring the Soul Shoppe Peace Path and problem-solving tools to life in their interactions with students.
- **Parent Night**  
This 60-90 minute presentation provides parents an experience of how to use the Soul Shoppe tools and Soul Shoppe Peace Path with their children, supporting them to help their children better manage their problems and emotions.

## Soul Shoppe Peacemaker Program Package

- 3-part Peacemaker Training: \$1,800
- Peacemaker Liaison Support Meeting: \$250
- Yard-Duty Training: \$400
- Staff In-service: \$400
- Parent Night: \$400
- School-Wide Program to Introduce Peacemakers and Soul Shoppe Peace Path: \$1,000
- 1-set of Peace Keys: \$40
- 1-hour Peacemaker Liaison Support Call
- Peacemaker End of Year Certificates & Party in a box
- Soul Shoppe Peace Path stencil purchased separately

**Total: \$3,820 (save \$470!)**

***\*does not include travel expenses***



For more information visit [www.soulshoppe.com](http://www.soulshoppe.com) or call us to discuss your school needs at (510)338-3231