

Name _____

Texting Time-Out: Cool It with Kindness

Instructions: For each text conversation below, read the messages. Then write a **text reply** that helps de-escalate the tension. Your response should:

- ✓ Stay calm
- ✓ Show understanding
- ✓ Invite positive communication or compromise



Text Thread 1: Group Project Problems

Alex: “You’re literally doing nothing on this project. I’m not doing all the work again!”

Your calming reply:

Text Thread 2: Left Out Again

Jas: “Wow, thanks for inviting everyone *except* me. Real nice.”

Your calming reply:

Text Thread 3: Team Trouble

Riley: “Why would you take the shot? You totally ignored the plan. We lost because of you.”

Your calming reply: