

Name \_\_\_\_\_

## **Texting Time-Out: Cool It with Kindness Answer Key**

### **Sample De-escalating Responses**

These are example replies that demonstrate conflict-resolution thinking. Student answers can vary as long as they align with the tone and intent of de-escalation.

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#### **Text Thread 1 (Group Project):**

**“Hey, I’m sorry it feels that way. I’ve been a little lost on what to do. Can we talk about how to split things up better?”**

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#### **Text Thread 2 (Feeling Left Out):**

**“I’m really sorry you felt left out. That wasn’t the intention. I definitely want to hang out soon—can we plan something?”**

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#### **Text Thread 3 (Team Conflict):**

**“I hear you. I made a quick call in the moment, but I didn’t mean to go against the plan. Let’s figure it out together next time.”**