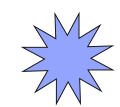




A stylized illustration of a web browser window with a yellow title bar and a white content area. The window is set against a blue grid background. Decorative elements include a pink swirl in the top-left, a pink starburst in the top-right, a yellow starburst in the bottom-left, and a yellow spring in the bottom-right. The text 'LES MESSAGES CLAIRS' is centered in the window's content area.

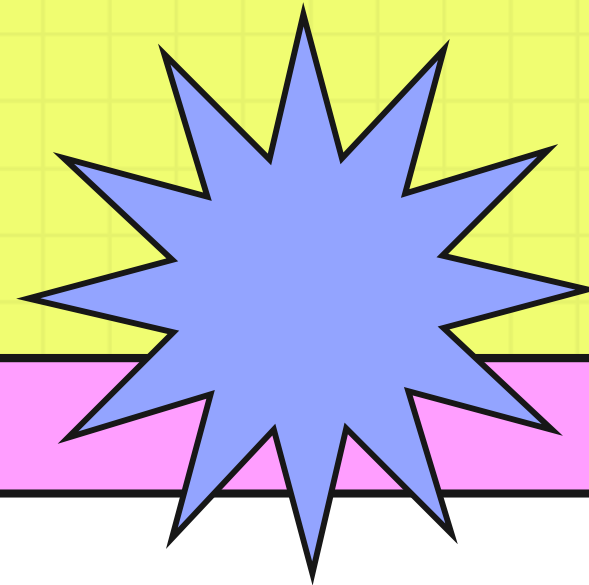
LES MESSAGES CLAIRS

DEFINITION

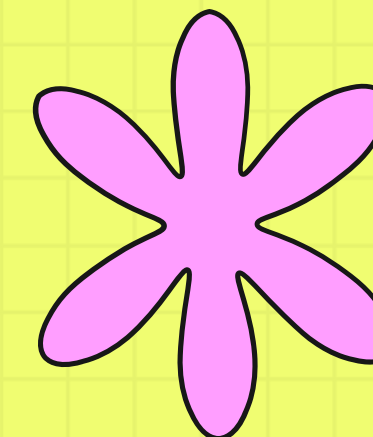


Une technique de communication étape par étape pour que les élèves règlent leurs conflits entre eux.

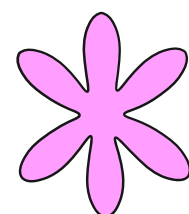




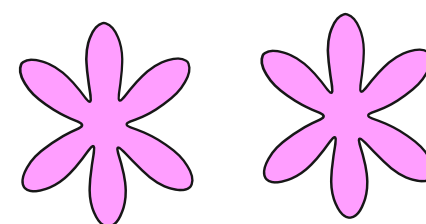
**"JE VEUX TE FAIRE UN
MESSAGE CLAIR"**



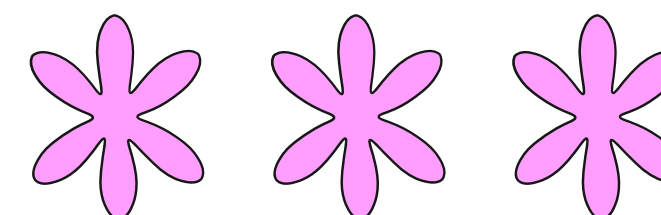
**se donner
rdv**

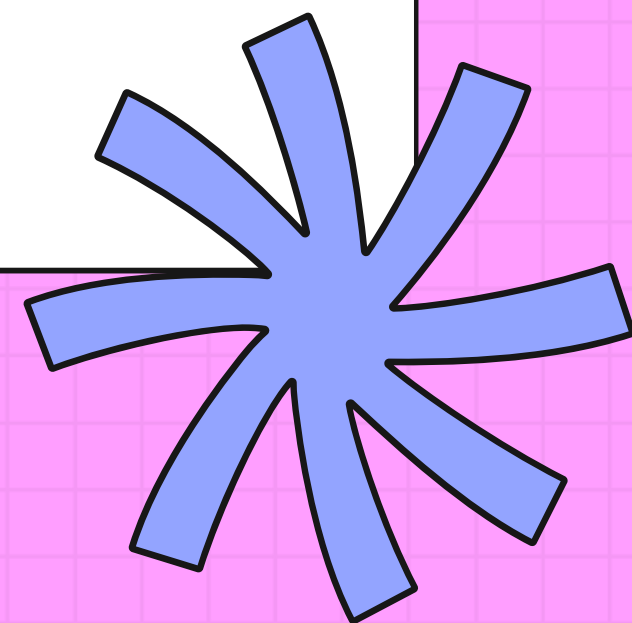
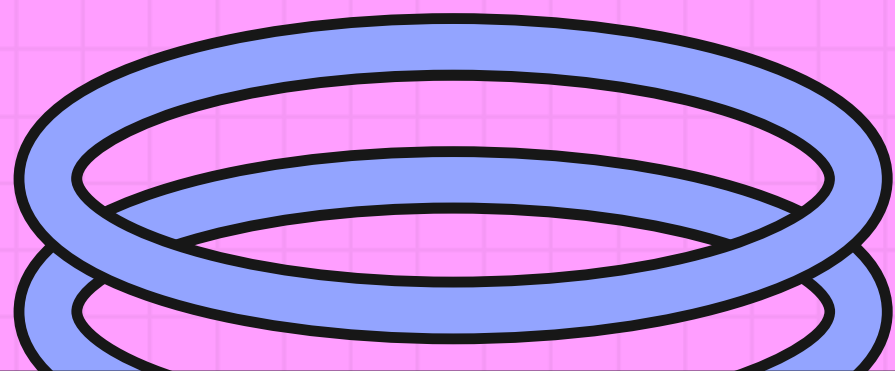


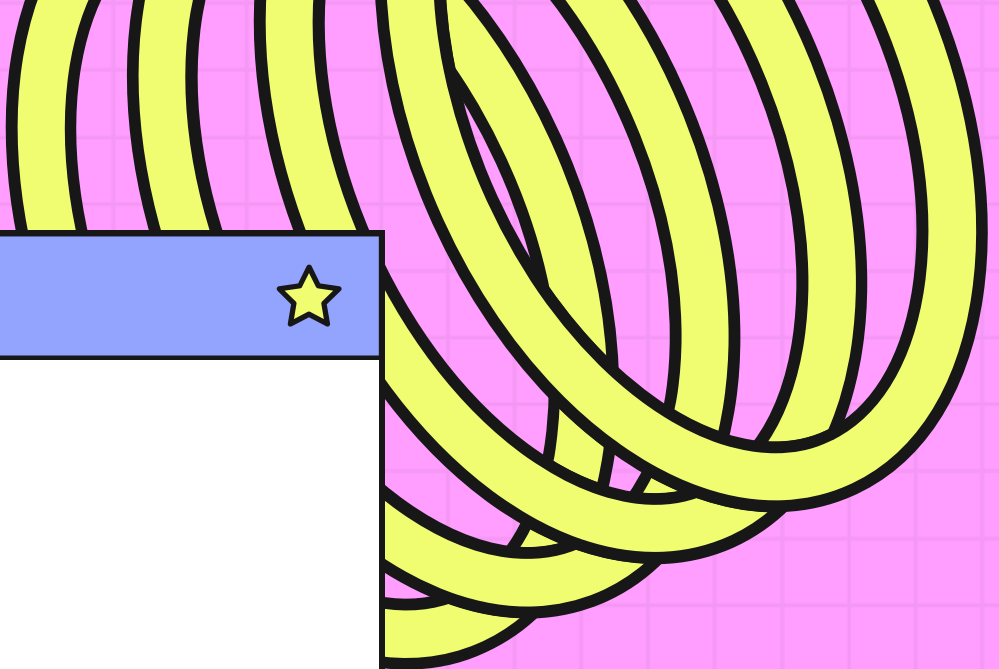
**le
dialogue
ne peut
être refusé**



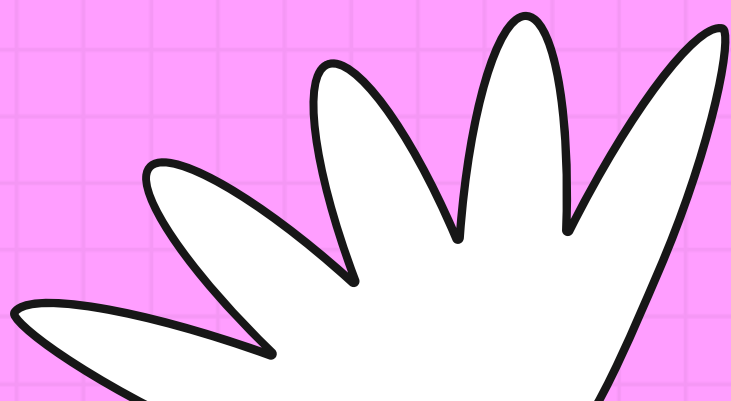
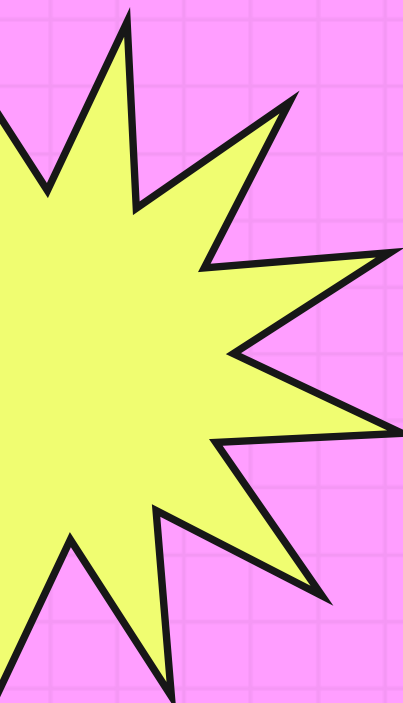
**discuter
au calme
en
s'isolant**

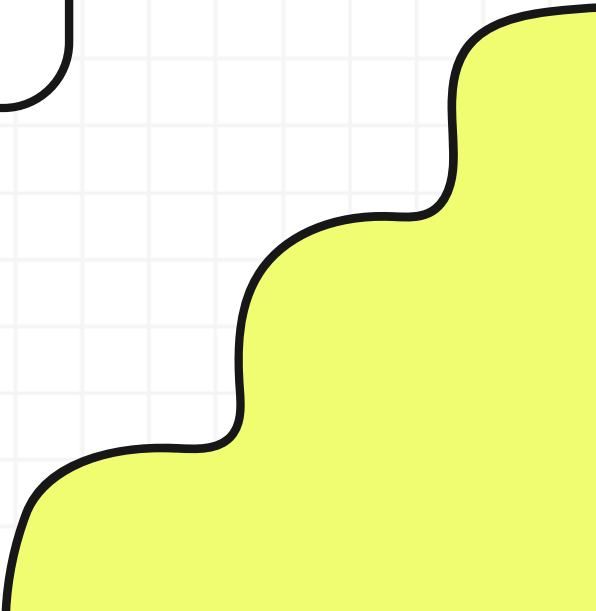
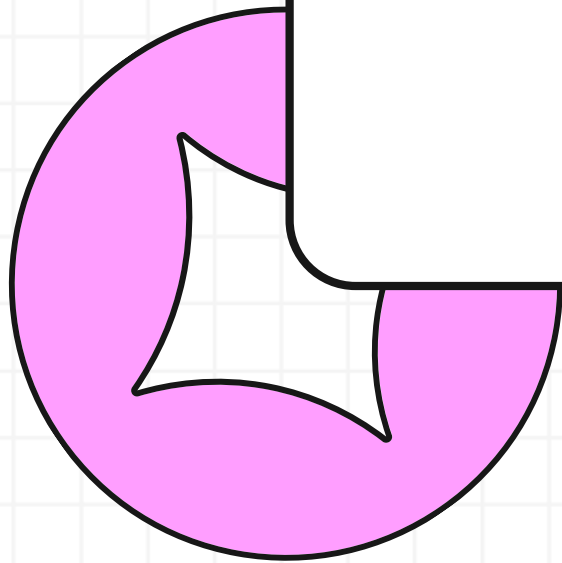
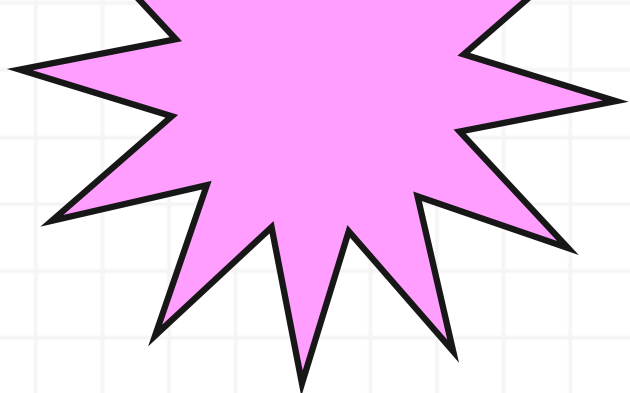
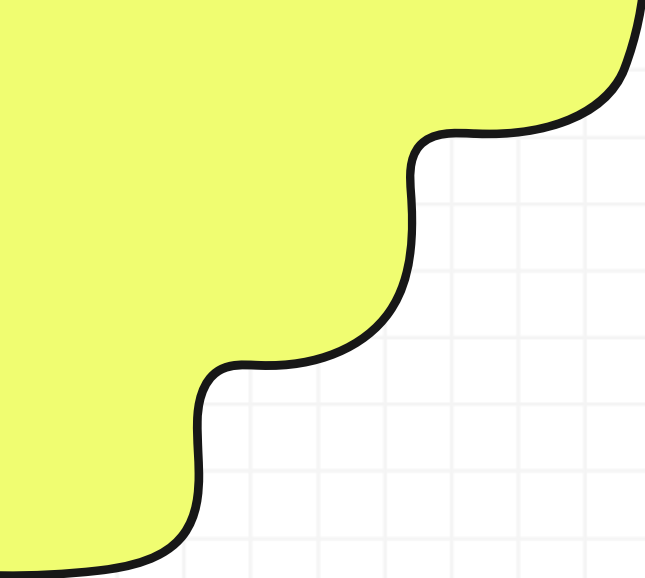






exposer les faits en
disant "je"





**"JE ME SUIS
SENTI"**

exprimer ses émotions

Je me sens "mal "; ça veut dire quoi
exactement?

EN COLERE

TRISTE

VEXE

DECU

BLESSE

HUMILIE

APPRENDRE LE VOCABULAIRE ET LES NUANCES DES
EMOTIONS



**"EST - CE
QUE TU M'AS
BIEN
COMPRIS?**





**"JE TE
DEMANDE
DES
EXCUSES"**





**" J'ACCAPTE
TES
EXCUSES"**

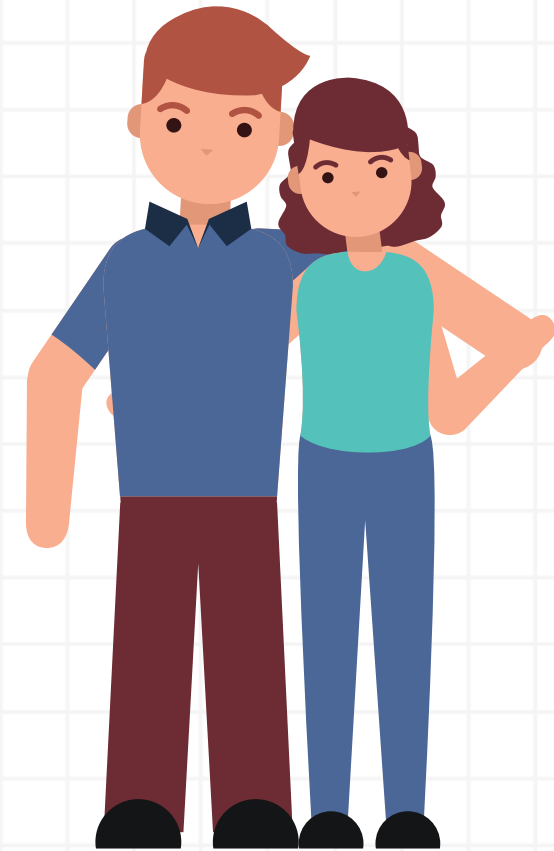
Et les gagnants sont...



L'enseignant est soulagé
FIN DU GENDARME



Les élèves sont acteurs
RESPONSABILISATION



Les parents n'ingèrent plus
EVICITION