Satya Sandwich

(truth & kindness)

Sometimes we need to say something honest but we're afraid it might hurt the other person's feelings. Satya means telling the truth in a kind, helpful way.

How to use this sheet

1. Pick a top bun (kind opener)
2. Pick a topping (your honest feeling/truth)
3. Pick a bottom bun (a helpful next step)
4. Add information about your own situation after the 3 dots (…)
5. Read your Satya Sandwich out loud. If it doesn't feel kind, swap a piece and try again.

Try it out with these situtations:

- You don't want a hug
- Somebody is playing too rough
- You broke something
- You made a mistake
- You feel left out
- You need help

Example phrases:

I like playing with you but that was too rough and it hurt my body. Can we play more gently or switch to a different game.

I want to be honest. I broke it and I feel sorry. Can we fix it together.

