

MONTHLY MISSION

FIX-THE-FIGHT

WEEK ONE:

- Choose a 'cool off' spot or activity each
- Write your own 'how to treat others' guide
- Imagine a fight free day and share it
- Watch and discuss a Punch and Judy show
- Practice listening - Play a game of whispers
- Create a poster with fighting ground rules
- Craft a catchy motto for fixing fights

Write your affirmations here

WEEK TWO

- Spread compliments all day!
- Pick a 'safe' word to pause conflicts
- Create a poster of your fix-the-fight tools
- Take turns speaking - no interruptions!
- Unwind with a family walk
- Talk about what makes a good listener
- Practice using 'I feel' in your sentences

WEEK THREE

- Practice giving amazing apologies
- Learn 3 calming conflict mottos
- Play a board game together - stay calm
- Listen to 5 minutes of calming music
- Solve a pretend conflict with each other
- Share something nice about each other
- Pause and breath before responding today

WEEK FOUR

- Discuss what you fight about most?
- Pick 3 things you can compromise on
- Plan and enjoy a family fun day
- Create a story together about conflict
- Share ideas to fix fights and get less angry
- Do something nice for each other today
- Celebrate! Choose your next Monthly Mission!

