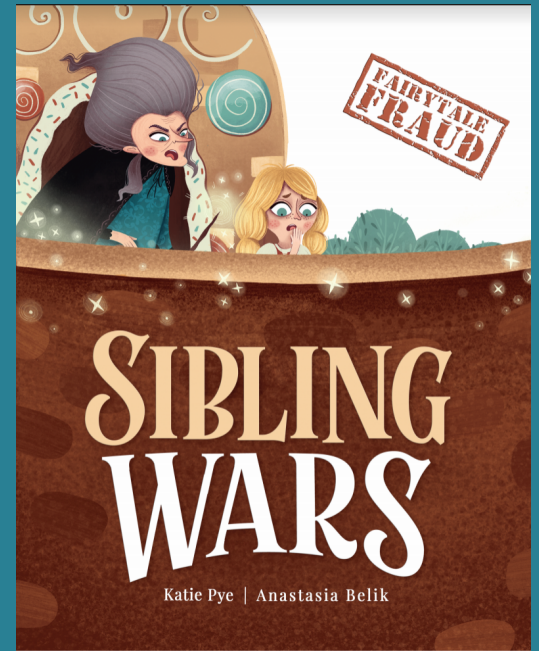


# SIBLING WARS

## Designed to get kids talking!



### BEHIND THE SCENES

What do you think you fight about most?



Do you think there is such a thing as healthy conflict or disagreements?



Do you have a disagreement you would like to talk about?



### HOW TO STOP A FIGHT BEFORE IT STARTS...

Be loving. If you don't start it, you don't need to stop it!

Choose! Do I need to be bothered? Maybe it doesn't matter.

Expect compromise. You won't always get your own way.

Check, check, and check again! You might not understand right!

Make rules for yourself about how you will treat others.

THINK before you act. Take space if you are getting angry.

### MEMORY MOTTOS

People won't be happy with us all the time. It doesn't feel nice, but it is part of life. Learn these memory mottos for times when someone is unhappy with you:



I can choose how I respond to every situation I face.

It is not wrong for me to ask for something I need.

This uncomfortable feeling won't last forever.

### ACT ON IT!



- You are Hansel and Gretel and need to Fix-the-Fight! Choose something funny to fight about and practice your listening and "I feel" statements.
- Make a poster with your rules about how you will treat others.

Access more 'Behind the Scenes' materials free on [www.headstartthinking.com](http://www.headstartthinking.com)