

Don't Do Things You Don't Want To Do!

(Unless it's school work, brushing your teeth or going to bed!)

If a friend or group is trying to get you to
do something you think is a bad idea:

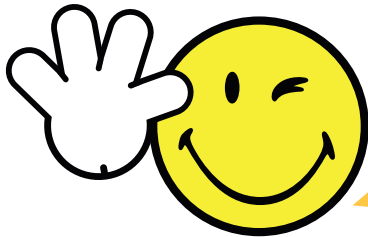
Say 'No'
clearly and
loudly.



Ask for time
to think.



Make an
excuse to
get away.



Suggest
something
better
to do
instead.



Find a
friend to
support
you.



Plan ahead
to avoid
difficulties.



PEACE MAKER

Apologizing if you did wrong

Using kind words

**Letting the other person
finish speaking**

Taking turns to talk

Talking clearly and calmly

Listening to others

Telling the truth

Hugging



PEACE BREAKER

Ignoring the other person

Using unkind words

Interrupting

Speaking over someone else

Shouting

Jumping to judgements
about others

Telling lies

Hitting



Remember to:

1) Give everyone a chance to talk about:



What are
their
ideas?

What are
they good
at doing?

What do
they want
to do in
the team?



2) As a whole team, decide:

How will
you solve
the
problem?

What will
you do
first?

Who will
do which
tasks?

If you want
to have a
team leader,
who should
that be?



3) If disagreements occur, remember to:



Listen to
what each
person wants
to do.

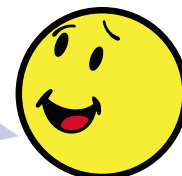
Find out why
each person is
saying what
they are.

Ask others in
the team what
they think is
the best thing
to do.



Agree on
what to do,
agree on a
compromise,
or agree to
disagree.

If you need
to take a
break, walk
away and
take deep
breaths.



To Be a Good Team Player:



Accept
help from
others

Listen to
others



Help other
people
when they
have a
problem

Respect
other
people's
ideas and
skills

Admit
when
you're
wrong



Know what
skills you have
and use them
to help your
team

Allow
someone
else to lead if
it's better for
the team

Decide
how to do
things
together

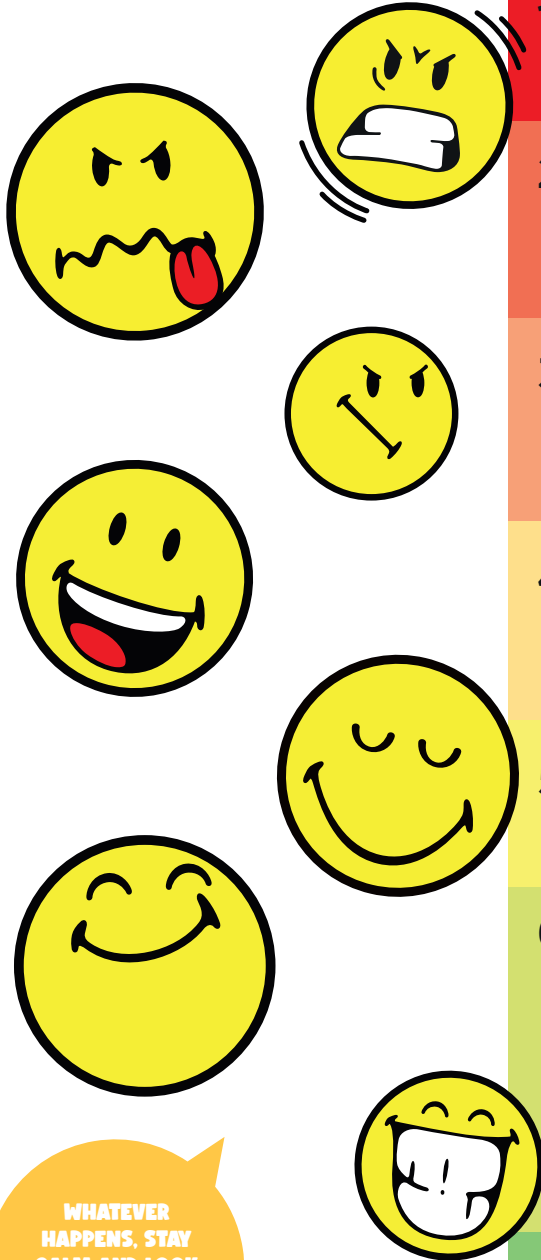


Try different
ways to do
things and
change what
you're doing
if it isn't
working

Discuss
different
ideas
calmly



Arguments happen when different people want different things.
Next time you find yourself in an argument, try these steps to reach an agreement instead.



**1) Never argue when you're angry.
Try to calm yourself down first.**

**2) Work out what you want or
need and tell the other person
calmly.**

**3) Explain why having your want,
need or goal met is a good
thing.**

**4) Ask the other person what they
want or need and why they
want it.**

**5) Actively listen to the other
person.**

**6) Consider all the ways the
argument could end. Focus on
what you both want, not your
relationship. Is there a way you
can both get something that
will make you happy?**

**7) Agree on what to do next,
compromise, or agree to
disagree.**

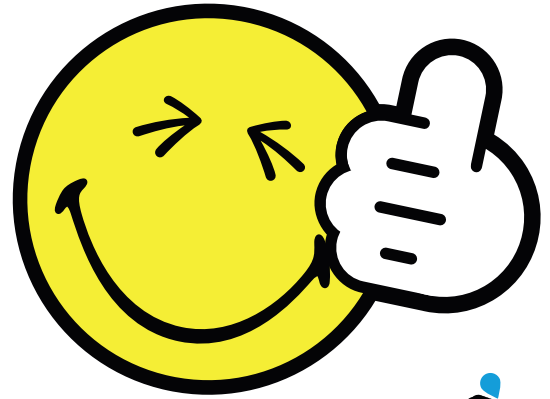
**WHATEVER
HAPPENS, STAY
CALM AND LOOK
AFTER YOUR OWN
EMOTIONS.**

**REMEMBER: A
SMILE CAN MAKE
A LOT OF THINGS
BETTER!**

There are good, less good and bad ways to deal with difficult emotions. When you're feeling angry, stressed, afraid or upset, try to use the good ways and avoid the bad ways.

GOOD

- Counting to 10
- Talking to a friend or adult
- Walking, running, moving
- Writing, painting, being creative
- Breathing deeply
- Meditating
- Sitting quietly and thinking about the best thing to do next
- Saying positive things to yourself



NOT GOOD

- Hitting or punching people
- Saying mean things or calling people names
- Threatening people
- Lying or spreading rumors
- Hurting yourself
- Blaming other people
- Avoiding your friends and family
- Pretending you are okay when you're not
- Saying negative things to yourself