



HOW TO BE A GOOD FRIEND

To have good friends you must be a good friend. Here are some of the ways good friends treat each other:

- Good friends listen to each other.
- Good friends do not put each other down or hurt each other's feelings.
- Good friends try to understand each other's feelings and moods.
- Good friends help each other solve problems.
- Good friends can disagree without hurting each other.
- Good friends are dependable.
- Good friends respect each other.
- Good friends are trustworthy.
- Good friends care about each other.
- Good friends give each other compliments.

FRIENDSHIP WEEK

To build a Snow man is easy to build, but with any heat will melt, so we need statues relationship in our lives.

Students Counselor





RESOLVING CONFLICTS

1. **STOP**. Don't let the conflict get worse. The less angry you are the easier it will be to solve the problem.
2. **SAY** what the conflict is about. What is causing the disagreement? What does each of you want or not want?
3. **THINK** of positive options. How could you meet each other's needs and be fair?
4. **CHOOSE** a positive option each of you can agree on.

If you still can't agree, ask someone else (an outsider) to help resolve the conflict.

*Here are some things **guardian** can do to help your child learn how to settle disputes peacefully and constructively.*

- Ask your child to explain the steps and rules of conflict resolution he or she has learned at school. Post them in a place where everyone can refer to them. Use the steps in resolving family conflicts.
- If your child has a conflict with a sibling or friend, call "time out" so they can cool off. Then go through the steps of conflict resolution with them and remind them of the rules.
- Ask your child to explain the difference between "I-messages" and "blaming" messages. Try to use "I-messages" as often as possible and avoid "blaming" messages.

