

# Fighting Rules



**FIRST WE CALM,  
THEN WE  
RESOLVE!**

## COMMUNICATION:

- Use a kind tone
- Be sincere
- Be respectful

## PROBLEM SOLVE

1. Identify the problem
2. Take responsibility
3. Focus on what you CAN control
4. Brainstorm solutions
5. Work together to pick a solution



**BREATHE**

## EMPATHY

1. Do your best to listen
2. Treat your sibling the way you want to be treated
3. Ask, "Am I being helpful or hurtful?"
4. Be a helper



## REMEMBER, NO:

- Name calling
- Blaming or pointing fingers
- Hitting, pushing or kicking
- Interrupting
- Saying, "never" or "always"
- Getting even
- Talking about past fights
- Making excuses

The main Goal:  
Resolve conflicts WITHOUT  
getting or being hurt

# FIGHTING RULES

## FOR SIBLINGS



NO NAME  
CALLING

USE A KIND  
TONE



BE SINCERE  
&  
RESPECTFUL

NO  
INTERRUPTING



USE MORE  
POSITIVES  
THAN  
NEGATIVES

HANDS TO  
YOURSELF



FOCUS ON  
PROBLEM,  
NOT PERSON



POINT OUT  
STRENGTHS

AVOID  
"ALWAYS"  
& "NEVER"



OWN YOUR  
"ROLE"



BE A GOOD  
LISTENER

TAKE TIME TO  
CALM DOWN

