



## *Falling out and making up.*

**STOP:** Do the 'Winners walk', walk away to give each other space, time to calm down and cool off.



**(HAND UP)**

**SAY:** Agree to resolve the problem/argument. When you are calm and ready to do so, say why you were upset - *'I was upset yesterday because...'* Be clear and truthful about what is bothering you and what you really need and be respectful. Take turns talking. (Don't interrupt.)



**(POINT TO MOUTH)**

**LISTEN:** Listen to each other's points of view, this shows that you care.



**(CUP ONE EAR)**

**THINK:** Think of a solution together. What can you do differently next time? Use your brains, not your hands.



**(POINT TO BRAIN)**

**CHOOSE:** Choose a solution, be willing to compromise and make a deal, you can say 'thanks' and 'sorry' to each other if you wish. **(THUMBS UP)**

