

B	I	N	G	O
Use a kind tone of voice	Are you being fair?	Don't change the subject	Treat people the way you want to be treated	No insults
Brainstorm a solution together	Use I-Statements	See the other persons point of view	Ask an adult for help	Take time to calm down
Try to understand the situation	Use mindfulness	FREE	Be honest	Let it go
Listen carefully	Try seeing the good in people	Listen to the other person	Find common ground	Pause and reflect
Don't interrupt	Be respectful	Stick to the agreement	Work Together	Don't blame

B	I	N	G	O
Use mindfulness	Ask an adult for help	Treat people the way you want to be treated	Brainstorm a solution together	See the other persons point of view
Don't change the subject	Work Together	No insults	Be respectful	Take time to calm down
Listen carefully	Be honest	FREE	Let it go	Are you being fair?
Find common ground	Stick to the agreement	Use a kind tone of voice	Don't blame	Try seeing the good in people
Listen to the other person	Pause and reflect	Try to understand the situation	Use I-Statements	Don't interrupt

B	I	N	G	O
Be respectful	Stick to the agreement	Ask an adult for help	Pause and reflect	Be honest
Use a kind tone of voice	Listen carefully	Listen to the other person	Use I-Statements	No insults
Try to understand the situation	Don't blame	FREE	Try seeing the good in people	Find common ground
Use mindfulness	Take time to calm down	Treat people the way you want to be treated	Work Together	Don't change the subject
Let it go	Are you being fair?	See the other persons point of view	Brainstorm a solution together	Don't interrupt