

|                                     |                                     |                                          |                                |                               |
|-------------------------------------|-------------------------------------|------------------------------------------|--------------------------------|-------------------------------|
| <b>B</b>                            | <b>I</b>                            | <b>N</b>                                 | <b>G</b>                       | <b>O</b>                      |
| Understand the situation            | Ask for someone else to help        | Are you being fair?                      | Don't interrupt                | Stick to the agreement        |
| Proposed a win-win solution         | Come up with a "win-win" solution   | Try to think of a solution together      | Say how you feel               | Try seeing the good in people |
| Used an "I" statement today         | Asked for a "time-out" to cool off  | <b>FREE</b>                              | Repeated back what was heard   | No insults                    |
| No screaming or kicking or fighting | Talking can lead to a solution      | Perhaps share progress with someone else | Stayed calm during an argument | Treat people fairly           |
| Listen to the other person          | Remember who can help you in school | Don't make things worse!                 | Avoided blaming or "You" talk  | Asked "How can we fix this?"  |

|                                     |                                     |                              |                                     |                                    |
|-------------------------------------|-------------------------------------|------------------------------|-------------------------------------|------------------------------------|
| <b>B</b>                            | <b>I</b>                            | <b>N</b>                     | <b>G</b>                            | <b>O</b>                           |
| Try seeing the good in people       | Avoided blaming or "You" talk       | Take time to calm down       | No insults                          | Asked for a "time-out" to cool off |
| No screaming or kicking or fighting | Try to think of a solution together | Asked "How can we fix this?" | Used an "I" statement today         | Ask for someone else to help       |
| Repeated back what was heard        | Stick to the agreement              | <b>FREE</b>                  | Remember who can help you in school | No telling of secrets              |
| Proposed a win-win solution         | Come up with a "win-win" solution   | Don't interrupt              | See the other persons point of view | Work Together                      |
| Say how you feel                    | Talking can lead to a solution      | Be honest                    | Stayed calm during an argument      | Are you being fair?                |

| <b>B</b>                                 | <b>I</b>                          | <b>N</b>                            | <b>G</b>                            | <b>O</b>                           |
|------------------------------------------|-----------------------------------|-------------------------------------|-------------------------------------|------------------------------------|
| Perhaps share progress with someone else | Come up with a "win-win" solution | Repeated back what was heard        | Understand the situation            | Avoided blaming or "You" talk      |
| Work out what each of you will do        | <b>Work Together</b>              | Don't blame anyone                  | Asked "How can we fix this?"        | Stick to the agreement             |
| Say how you feel                         | Don't gang up with others         | <b>FREE</b>                         | Ask for someone else to help        | Used an "I" statement today        |
| Proposed a win-win solution              | <b>Be honest</b>                  | No screaming or kicking or fighting | <b>Don't interrupt</b>              | Asked for a "time-out" to cool off |
| <b>No insults</b>                        | Listen to the other person        | Stayed calm during an argument      | See the other persons point of view | Talking can lead to a solution     |