

B	I	N	G	O
Use I-Messages	Are you being fair?	Apologize if you were wrong	Don't interrupt	Take time to calm down
No screaming or kicking or fighting	Don't blame anyone	Understand the situation	Say how you feel	Try to think of a solution together
Wait and cool off	Be honest	FREE	Remember who can help you	Focus on right now
Listen before answering	Treat people fairly	No insults	Stick to the agreement	Try seeing the good in people
Don't make things worse!	No telling of secrets	Don't interrupt	Compromise	Ask for someone else to help

B	I	N	G	O
Try to think of a solution together	Compromise	Talking can lead to a solution	Focus on right now	Be honest
Listen before answering	Understand the situation	Ask for someone else to help	Wait and cool off	Are you being fair?
Remember who can help you	Take time to calm down	FREE	No telling of secrets	Listen to the other person
No screaming or kicking or fighting	Don't blame anyone	Don't interrupt	See the other persons point of view	Work Together
Say how you feel	Treat people fairly	Disagree respectfully	Stick to the agreement	Apologize if you were wrong

B	I	N	G	O
No insults	Don't blame anyone	Remember who can help you	Use I-Messages	Compromise
Work out what each of you will do	Work Together	Don't cross your arms	Ask for someone else to help	Take time to calm down
Say how you feel	Don't gang up with others	FREE	Are you being fair?	Wait and cool off
No screaming or kicking or fighting	Disagree respectfully	Listen before answering	Don't interrupt	Be honest
Focus on right now	Don't make things worse!	Stick to the agreement	See the other persons point of view	Treat people fairly