| B | I | N | G | O |
|---|---|---|---|---|
| Try seeing the good in people | Ask for someone else to help | Don't make faces or silly noises. | Take time to calm down | Remember who can help you in school |
| Don't blame anyone | Think: Am I being fair? | Stick to the agreement | Be fair | Think of it from the other person's point of view |
| Understand the situation | Be honest | No insults | No telling of secrets | Think about the rules |
| Own up - take responsibility | Stick to the present - avoid the past. | Don't make things worse! | Say how you feel | Cool down! |
| Talk and try and find a solution | Don't interrupt | Use an 'I Message' | Don't make excuses | Listen to the other person |



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