

B	I	N	G	O
Walk away if necessary	Are you being fair?	Don't interrupt	Try to think of a solution together	Stick to the agreement
Don't blame anyone	Understand the situation	Take time to calm down	Ask for someone else to help	Treat people fairly
USE YOUR FEELING WORDS	Work Together	FREE	Be Respectful	No screaming or kicking or fighting
Say how you feel	USE YOUR COPING SKILLS	See the other persons point of view	Listen to the other person	Stop-Think-Act
Don't make things worse!	Be honest	Talking can lead to a solution	Work out what each of you will do	Don't gang up with others

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Work Together	Ask for someone else to help	Try to think of a solution together	Don't blame anyone	Take time to calm down
Don't interrupt	Work out what each of you will do	Stick to the agreement	Be honest	Treat people fairly
Say how you feel	Be Respectful	FREE	No screaming or kicking or fighting	Are you being fair?
Listen to the other person	Talking can lead to a solution	Walk away if necessary	Don't gang up with others	USE YOUR COPING SKILLS
See the other persons point of view	Stop-Think-Act	USE YOUR FEELING WORDS	Understand the situation	Don't make things worse!

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Be honest	Talking can lead to a solution	Ask for someone else to help	Stop-Think-Act	Be Respectful
Walk away if necessary	Say how you feel	See the other persons point of view	Understand the situation	Stick to the agreement
USE YOUR FEELING WORDS	Don't gang up with others	FREE	USE YOUR COPING SKILLS	Listen to the other person
Work Together	Treat people fairly	Try to think of a solution together	Work out what each of you will do	Don't interrupt
No screaming or kicking or fighting	Are you being fair?	Take time to calm down	Don't blame anyone	Don't make things worse!