| B | I | N | G | O |
|---|---|---|---|---|
| Understand the situation | Ask for someone else to help | Don't gang up with others | Take time to calm down | No insults |
| Deep Breathing | Try seeing the good in people | Respect one another | Assertive Communication | Stick to the agreement |
| Treat people fairly | Work Together for a solution | **FREE** | Compromise | Honesty |
| Listen to the other person | Talking can lead to a solution | Listening skills | Empathy and POV | Remember who can help you |
| Don't interrupt | Coping Skills | Say how you feel | share progress with someone | Don't blame |



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| B | I | N | G | O |
|---|---|---|---|---|
| Work Together for a solution | Assertive Communication | Take time to calm down | Deep Breathing | Respect one another |
| Don't gang up with others | share progress with someone | No insults | Coping Skills | Stick to the agreement |
| Listen to the other person | Compromise | **FREE** | Honesty | Ask for someone else to help |
| Empathy and POV | Say how you feel | Understand the situation | Don't blame | Talking can lead to a solution |
| Listening skills | Remember who can help you | Treat people fairly | Try seeing the good in people | Don't interrupt |



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| B | I | N | G | O |
|---|---|---|---|---|
| Coping Skills | Say how you feel | Assertive Communication | Remember who can help you | Compromise |
| Understand the situation | Listen to the other person | Listening skills | Try seeing the good in people | No insults |
| Treat people fairly | Don't blame | **FREE** | Talking can lead to a solution | Empathy and POV |
| Work Together for a solution | Stick to the agreement | Take time to calm down | share progress with someone | Don't gang up with others |
| Honesty | Ask for someone else to help | Respect one another | Deep Breathing | Don't interrupt |



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