

B	I	N	G	O
I will try to be understanding	I will apologize when I'm in the wrong	I will calm myself down	I will remind myself that it's better to resolve conflict than to ignore it	I will not let conflict get in the way of my learning
I will be honest about my role in the conflict	I will think before I speak	I will not yell/scream at the other person	I will ask for help when needed	I will remember to treat others the way I want to be treated
I will set boundaries with my friends	I will try to see things from their perspective	FREE	I will ask myself I should be involved	I will listen before speaking
I will not bully or threaten others	I will respect the other person's feelings	I will not hit the other person	I will hang around supportive people	I will not make things worse
I will count to 10 when I am angry before speaking	I will be empathetic	I will practice self-control	I will use "I" statements	I will brainstorm possible solutions

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