**HOW DO I RESPOND TO CONFLICTS?**

**Tick the box for things you always, sometimes, or never do**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Always**  | **Sometimes** | **Never** |
| **When there is a conflict I try to:** |  |  |  |
| 1. hit the other person |  |  |  |
| 2. run away |  |  |  |
| 3. talk about it |  |  |  |
| 4. make a joke about it |  |  |  |
| 5. get help from an adult |  |  |  |
| 6. make the other person apologise |  |  |  |
| 7. apologise |  |  |  |
| 8. try to find out what the problem is |  |  |  |
| 9. listen to the other person |  |  |  |
| 10 call out names |  |  |  |
| 11. tell the other person to leave me alone |  |  |  |
| 12 get help from my friend |  |  |  |
| 13 ignore it |  |  |  |
| 14 understand the other point of view |  |  |  |