# What I do when we don't get along

## 1. Talk Friendly

- Speak clearly and use a calm voice.
- Use eye contact.
- Say "Stop it, please."

#### 2. Talk Firmly

- Speak clearly and use a brave voice.
- Use eye contact.
- Say "Stop it, I don't like it!"
- Restate "I said I don't like when you..."
- Say "If you don't stop, I will tell the teacher."



## 3. Ignore

- Use your imagination and pretend the person isn't there
- Take deep breaths
- Think of 1 good thing



- Stand tall and walk away from the person.
- Find another area to play in or find other people to play with.



### 5. Report

- Speak to the teacher on duty.
- Report, report, report until an adult hears you.
- Bystanders should support and report.



