



# Conflict Resolution

If we learn at an early age that conflicts can be resolved, then we will be more prepared to cope with our problems as adults. Every home should have a special place where the family can sit down together and think of ways to solve problems. There, everyone must agree to be a good listener, to be honest, and to try to cooperate. Please complete the assignment, sign, and return.

**Assignment** Choose a problem solving place in your home. Write down where it is.

**Please Sign:**

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*Parent Signature*

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*Child's Signature*





# Self Control

Everybody feels angry sometimes. What we do with our angry feelings is very important. Please complete the assignment, sign, and return.

**Assignment** Together with your child, circle the things we can do when we're angry, and cross out the things we shouldn't do when we're angry

Talk about how you feel

Hit Someone

Count to ten

Breathe deeply

Go to another room

Throw things

Take a bath

Call someone names

**Please Sign:**

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*Parent Signature*

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*Child's Signature*





# Love

A child's understand of love can be built on healthy adult relationships he or she observes. Please complete the assignment, sign, and return.

**Assignment** Together with your child, commit an act of kindness by helping someone else. In the space provided, write down what you did.

**Please Sign:**

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*Parent Signature*

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*Child's Signature*





# Friendship

Friends care and share. Friends help and listen to each other. They share toys, take turns, and have fun together. Please complete the assignment, sign, and return,

**Assignment** Ask your child for the names of his or her friends at school, and write them here.

Practice sharing. Write about something you shared.

**Please Sign:**

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*Parent Signature*

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*Child's Signature*





# Feelings and Empathy

When we talk about our feelings, it helps us understand each other. Please complete the assignment, sign, and return.

**Assignment** List your and your child's responses to what makes you feel:

## HAPPY

You:

Your child:

## SAD

You:

Your child:

## ANGRY

You:

Your child:

## EXCITED

You:

Your child:

**Please Sign:**

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*Parent Signature*

---

*Child's Signature*





# Gentleness

Being gentle is a way to show we love each other. Please complete the assignment, sign, and return.

**Assignment**      Agree to hug each other every day.

**Please Sign:**

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*Parent Signature*

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*Child's Signature*





# Respect

It is important to respect ourselves, our parents, and the environment. Please complete the assignment, sign, and return.

**Assignment** Write down a good way to show respect for:

1. Yourself
2. Your parents
3. The environment

**Please Sign:**

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*Parent Signature*

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*Child's Signature*

