

# URSTRONG

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

## Friendship Fire Think Sheet

I was involved in a Friendship Fire® with \_\_\_\_\_.

- I sparked the Fire
- My friend sparked the Fire.
- Someone else sparked the Fire.
- I don't know how the Fire even started?

Briefly describe what happened:

---

---

---

If I was a fly on the wall watching this situation, what would I have seen?

---

---

---

Do you think your reaction to the Fire made it bigger or smaller? Describe why.

---

---

---

Did you experience any Mean-on-Purpose moments during this Friendship Fire? YES/NO

If YES, did you:

↳ **Say your Quick Comeback in a strong voice? (e.g. "Not cool!")**

YES NO

↳ **WALK AWAY?**

YES NO

↳ **REPORT it to a Teacher/Adult?**

YES NO

# URSTRONG

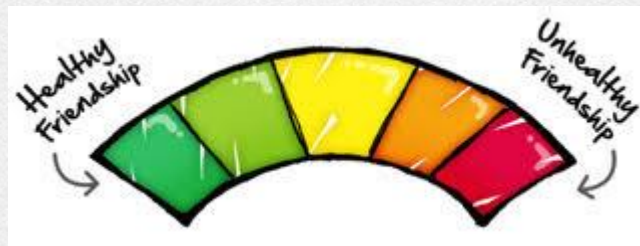
If you were Mean-on-Purpose during the Fire, describe what you said/did.

---

---

---

Where is this friendship on the Friend-o-meter? Draw an arrow.



Where is this friendship on the Friend-o-cycle? Draw an arrow.



To get my friendship back in the healthy zone of the Friend-o-meter and move towards Forgive & Forget on the Friend-o-cycle, I am going to try:

---

---

---

If this friendship is always in the unhealthy zone, I am going to spend less time with this person by...

---

---

---