



CHECK OUT OUR FRIENDSHIP FIRE®

THINK SHEET

WHAT ARE YOU GOING TO DO NEXT?

HAVE YOU HAD A FRIENDSHIP FIRE® WITH ONE OF YOUR BUDS? OH NO! IT CAN BE SUPER TRICKY WORKING OUT WHAT HAPPENED... & TO KNOW WHAT TO DO NEXT!

Why not reflect on that Friendship Fire® with this very clever Think Sheet. By the time you're done, you'll know exactly what to do!



NAME:

I was involved in a Friendship Fire® with:

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

Briefly describe what happened:

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.....
.....

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

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.....
.....

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?

- NO
- YES

If you ticked YES...



Did you say your Quick Comeback in a strong voice? (e.g. "Not Cool!")

- NO
- YES

Walk away?

- NO
- YES

Report it to a trusted teacher or adult?

- NO
- YES



If you were Mean-on-Purpose during the Friendship Fire®, describe what you said or did:

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.....
.....
.....

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 on 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:

.....
.....
.....
.....

How to:
TALK-IT-OUT!
When you need to apologise:

1. Find a good time to talk, just the two of you.
2. In a calm, serious voice, retell the situation.
3. Then say:
"I'm sorry for...
Instead, I should have..."
4. Listen to their side and Talk-it-Out until the Fire-is-Out!