

# DO YOU!

## Don't Do Things You Don't Want To Do!

(Unless it's school work, brushing your teeth or going to bed!)

If a friend or group is trying to get you to do something you think is a bad idea:

Say 'No' clearly and loudly.



Ask for time to think.



Make an excuse to get away.



Suggest something better to do instead.



Find a friend to support you.



Plan ahead to avoid difficulties.



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# BE A PEACE MAKER, NOT A PEACE BREAKER

## PEACE MAKER

**Apologising if you did wrong**

Using kind words

**Letting the other person  
finish speaking**

Taking turns to talk

**Talking clearly and calmly**

Listening to others

**Telling the truth**

Hugging



## PEACE BREAKER

**Ignoring the other person**

Using unkind words

**Interrupting**

Speaking over someone else

**Shouting**

Jumping to judgements  
about others

**Telling lies**

Hitting





# WORKING WELL WITH OTHERS

## Remember to:

1) Give everyone a chance to talk about:



What are their ideas?

What are they good at doing?

What do they want to do in the team?



2) As a whole team, decide:

How will you solve the problem?

What will you do first?

Who will do which tasks?

If you want to have a team leader, who should that be?



3) If disagreements occur, remember to:



Listen to what each person wants to do.

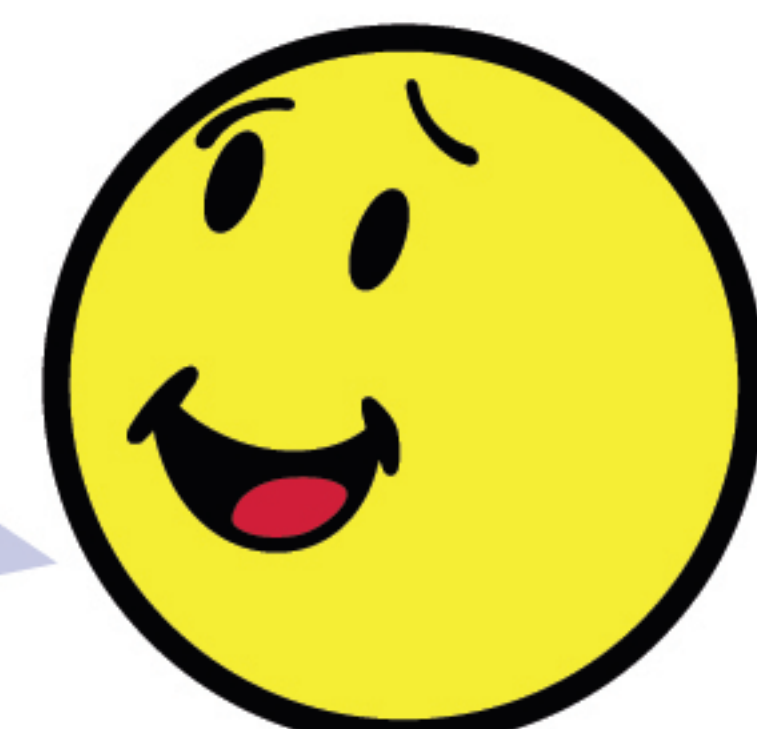
Find out why each person is saying what they are.

Ask others in the team what they think is the best thing to do.



Agree what to do, agree a compromise or agree to disagree.

If you need to take a break, walk away and take deep breaths.





# TEN TOP TIPS FOR BEING A TOP TEAM PLAYER

## To Be a Good Team Player:



Accept help from others

Listen to others



Help other people when they have a problem

Respect other people's ideas and skills

Admit when you're wrong



Know what skills you have and use them to help your team

Allow someone else to lead if it's better for the team

Decide how to do things together



Try different ways to do things and change what you're doing if it isn't working

Discuss different ideas calmly



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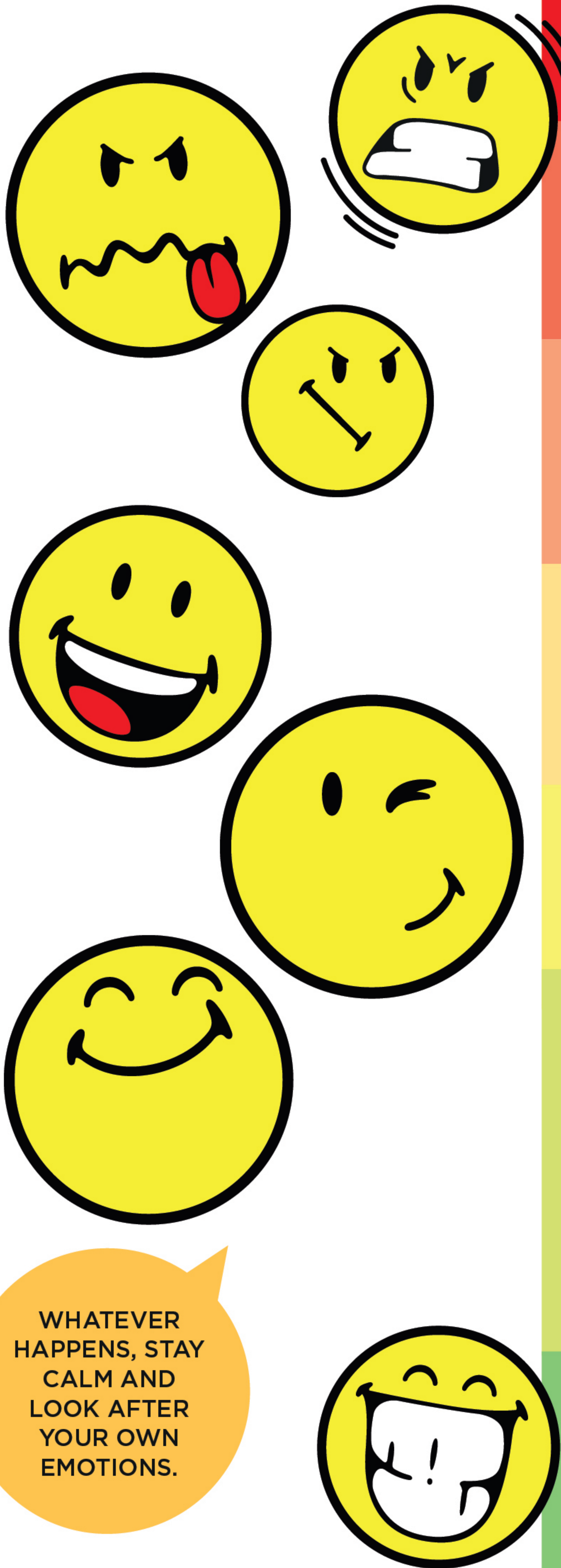
  
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# FROM ARGUMENT TO AGREEMENT

Arguments happen when different people want different things.  
Next time you find yourself in an argument, try these steps to reach an agreement instead.



1) Never argue when you're angry. Try to calm yourself down first.

2) Work out what you want or need and tell the other person calmly.

3) Explain why having your want, need or goal met is a good thing.

4) Ask the other person what they want or need and why they want it.

5) Actively listen to the other person.

6) Consider all the ways the argument could end. Focus on what you both want, not your relationship. Is there a way you can both get something that will make you happy?

7) Agree what to do next, compromise or agree to disagree.

WHATEVER  
HAPPENS, STAY  
CALM AND  
LOOK AFTER  
YOUR OWN  
EMOTIONS.

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REMEMBER: A  
SMILE CAN  
MAKE A LOT OF  
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BETTER!

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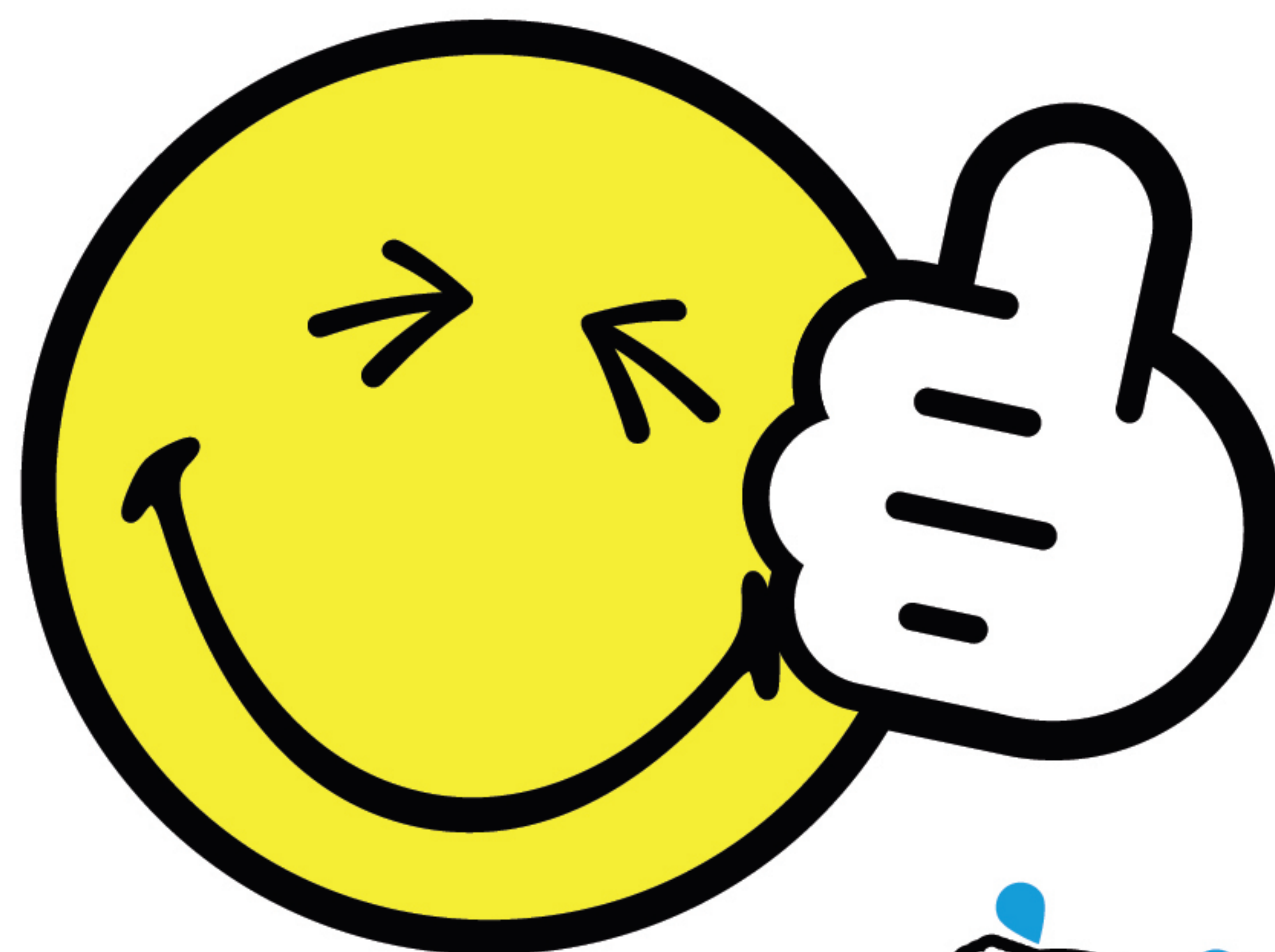


# DEALING WITH DIFFICULT EMOTIONS

There are good, less good and bad ways to deal with difficult emotions. When you're feeling angry, stressed, afraid or upset, try to use the good ways and avoid the bad ways.

## GOOD

- Counting to 10
- Talking to a friend or adult
- Walking, running, moving
- Writing, painting, being creative
- Breathing deeply
- Meditating
- Sitting quietly and thinking about the best thing to do next
- Saying positive things to yourself



## NOT GOOD

- Hitting or punching people
- Saying mean things or calling people names
- Threatening people
- Lying or spreading rumours
- Hurting yourself
- Blaming other people
- Avoiding your friends and family
- Pretending you are okay when you're not
- Saying negative things to yourself