Dear Frustrated,

You can’t choose how other people act, but you can control what you do. If your sibling is hurting you, get help right away from a parent or trusted adult. If you’re just having trouble getting along, here are some things you can try. Look up each scripture for more advice.

Remember, kindness begins with you!

The Friend

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**WHEN YOU CAN’T AGREE ON WHAT TO DO**

1. Keep talking & decide together
2. Take turns
3. Do something else

Amos 3:3, 1 Corinthians 1:10, Philippians 2:2, Mosiah 18:21

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**WHEN YOU’RE REALLY MAD**

1. Take time to calm down
2. Give each other space
3. Speak softly & kindly

Proverbs 15:1, Proverbs 16:32, Matthew 5:9, Ephesians 4:31

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**ALL THE TIME**

1. Try to understand their feelings
2. Say & do nice things
3. Show them love