

I have a hard time getting along with my siblings. Sometimes they're mean to me. What should I do?

-Frustrated in Finchley



### 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

★★★ 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

**WHEN YOU'RE REALLY MAD**

- 1 **TAKES 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

**ALL THE**



- 1 **Try to UNDERSTAND THEIR FEELINGS**
- 2 **Say & DO NICE things**
- 3 **SHOW them LOVE**

Luke 6:31, John 13:34, 1 Corinthians 16:14, Ephesians 4:32