

GET ALONG JAR

Next time your siblings get into an argument or a disagreement, try drawing one of these sticks to mend the relationship!

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Family is important, don't let small disagreements get in the way of this valuable relationship.

Step 1: Stick the label on the front of the mason jar



Step 2: Cut out the sticks and place them within the jar



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Parent Guide

Overview:

Fights and disagreements can be awkward, especially when you don't know how to approach someone after an argument. To help encourage kids to forgive and move forward within the relationship without holding a grudge, try the Get Along Jar. Fights are inevitable, but what is important is learning from them and moving forward.

How to use "Get Along Jar"?

Sibling Conflict Resolution:

- When siblings get into an argument or disagreement, encourage them to sit down and talk it out. Make sure they take turns listening and talking about their opinions and feelings. Have them discuss what they learned as well. After the conflict is resolved, encourage them to move forward with a bonding activity. This is when the "Get Along Jar" comes in handy. Have the kids draw a stick and complete the activity.

Bonding Activity Ideas:

- Out of ideas for bonding activities between your kids? Try having your kids draw a stick from the "Get Along Jar"!

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Cut out each of these sticks and place them within the jar when you are done. Optional: tape/glue each stick to a popsicle stick

Play your favorite game together

Tell your sibling 3 reasons you are thankful for them

Build a blanket fort together

Hug each other for 1 minute

Read a book to each other

Go for a walk together

Draw a portrait of each other

Make a snack together

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Cut out each of these sticks and place them within the jar when you are done. Optional: tape/glue each stick to a popsicle stick

Sing a song together

Write a story together

Clean up each other's room

Create your own! ↙