My Sibling Feelings Map

Brothers and sisters can be fun and frustrating. All feelings are okay.

Name: _____ **Date:** _____

1 When my brother or sister... Tick the ones that bother me most

- [ ] Takes my things
- [ ] Gets more attention
- [ ] Teases me
- [ ] Copies me
- [ ] Won't share
- [ ] Comes in my room
- [ ] Hits or pushes
- [ ] Always wins

2 I feel... You can feel more than one thing at once

- [ ] Mad
- [ ] Jealous
- [ ] Left out
- [ ] Hurt
- [ ] Annoyed
- [ ] Sad
- [ ] Worried
- [ ] Something else

3 What I can do instead Circle two to try next time

- [ ] Use my words
- [ ] Walk away
- [ ] Take a break
- [ ] Ask a grown up
- [ ] Take turns
- [ ] Set a timer
- [ ] Find my space
- [ ] Make a deal

4 Good things about my sibling Even on hard days, there is something

Something we both like: _____

Something my sibling is good at: _____

A time we had fun together: _____

Draw us doing something fun together:

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Our Fair Play Plan

Fair does not always mean the same. It means everyone gets what they need.

Name: _____ **Date:** _____

1 Our family fight rules

Choose them together and tick the ones you agree on

- [ ] No hurting
- [ ] No name calling
- [ ] Ask to borrow
- [ ] Knock first
- [ ] Take turns
- [ ] Cool down first
- [ ] Listen to both
- [ ] Make it right

2 Let's make a deal

Each person says their side. Then find a deal that is fair to both

What I want: _____

What my sibling wants: _____

Our deal: _____

3 Our week

Tick each one you did today

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Kind words	☐	☐	☐	☐	☐	☐	☐
Solved it together	☐	☐	☐	☐	☐	☐	☐
Fun time together	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Coach, do not judge. Notice the good moments

Fair is not always equal. Explain why each child gets what they need, and give each one a little one on one time.

When you step in, help each child say their side and their feelings, then let them build the deal. Skip "Who started it?"

Praise kind, cooperative moments out loud, and avoid comparing siblings ("Why can't you be like your sister?").

Repeated one sided hurting, injuries, fear or sexual touching is not rivalry. Childhelp: 1-800-422-4453. Crisis: 988. Emergency: 911.

Adult notes: what is working, next family meeting date

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