

# 25 WAYS TO BE A KIND SIBLING

1

Name 3 things you love about them



2

Make them a snack

3

Give a back rub

4

Listen

5

Encourage throughout the day

6

Write them a letter or poem

7

Keep them company

8

Create an album of special moments together



9

Let them go first

10

Complete one of their chores



11

Cheer them up

12

Say "thank you" often

13

Do a random kind act of kindness

14

Help with their homework

15

Play their favorite game together

16

Say "I am sorry" when you are



17

Let them choose a game to play

18

Share your treat



19

Forgive when they make you sad

20

Give a compliment

21

Put a kind note in their lunchbox



22

Offer help

23

Try to understand their view

24

Help clean up their things

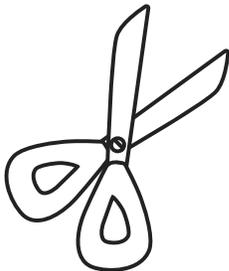


25

Decorate a box and fill with special notes

# SIBLING KINDNESS STAR

Cut out the Sibling Kindness Star below. When you do an act of kindness for your sibling, leave the star behind for them to find. You can laminate this star or print it on a heavy paper so that it lasts longer.



# SIBLING KINDNESS JAR



Cut the strips below, fold, and put them in an empty jar. Take turns taking the strips out of the jar and doing kind things for each other.

Name 3 things you love about your sibling.

Make your sibling a snack.

Say something encouraging to your sibling.

Help your sibling with their homework.

Give your sibling a compliment.

Keep your sibling company.

Decorate an empty box for your sibling and fill with special notes.

Complete one of your sibling's chores.

Thank your sibling for something.

Cheer your sibling up.

Do a random kind act of kindness for your sibling.

Play your sibling's favorite game together.

Give your sibling a back rub.

Say, "I am sorry" to your sibling if you are sorry for something.

Let your sibling choose a game to play.

Share a treat with your sibling.

Write your sibling a letter or poem.

Create an album of special moments together.

Put a kind note in your sibling's lunchbox.

Offer your sibling help.

Listen to your sibling if they want to tell you something.

Forgive your sibling when they make you sad.



# 7 key strategies to manage SIBLING RIVALRY

Big Life Journal



## 1 ESTABLISH FAMILY RULES

In collaboration with your children, create and post clear **family rules to help minimize conflict**. Rules related to sibling conflict may include no hitting, using words to solve the problem, asking before using something, etc.



## 2 DEFINE FAMILY VALUES

Establish shared family values like respect, kindness, and supporting one another. Creating a **family manifesto** is a great way to provide a sense of unity and direction for your family.



## 3 ENCOURAGE EMPATHY AND KINDNESS

Empathy and kindness are teachable skills. Teach children to identify and understand the emotions of others by

- **modeling** these values yourself.
- celebrating when you see your children demonstrate them too. **Use specific language:** "You helped your sister tie her shoes!" (by focusing on kind and helpful acts, you'll encourage more of them).
- **doing the activities** from the Kindness & Community Kit by Big Life Journal.



## 4 MODEL HEALTHY CONFLICT RESOLUTION

**Model the use of "I feel" statements** rather than blaming, and active listening rather than ignoring or minimizing the feelings of others. You can also model cooling down when you're upset, navigating healthy compromise, and treating others with respect.



## 5 LET THEM PROBLEM-SOLVE

With minor sibling squabbles, let your children navigate the issue themselves. Before intervening, take a minute to **gain your composure** so that you can model healthy problem-solving and a calm response to conflict.



## 6 TEACH CALMING STRATEGIES

Teach children calming techniques like deep breathing, journaling, squeezing a pillow or stress ball, etc. Remind them screaming, calling names, and hitting will only escalate the conflict. If they **calm down first**, they can find a helpful solution.



## 7 TEACH ASSERTIVENESS

Provide words that children can use to set boundaries and **teach others how they would like to be treated**. For example, you might say, "Tell your brother, 'I don't like it when you call me names. My name is Jonah. Call me that instead.'"