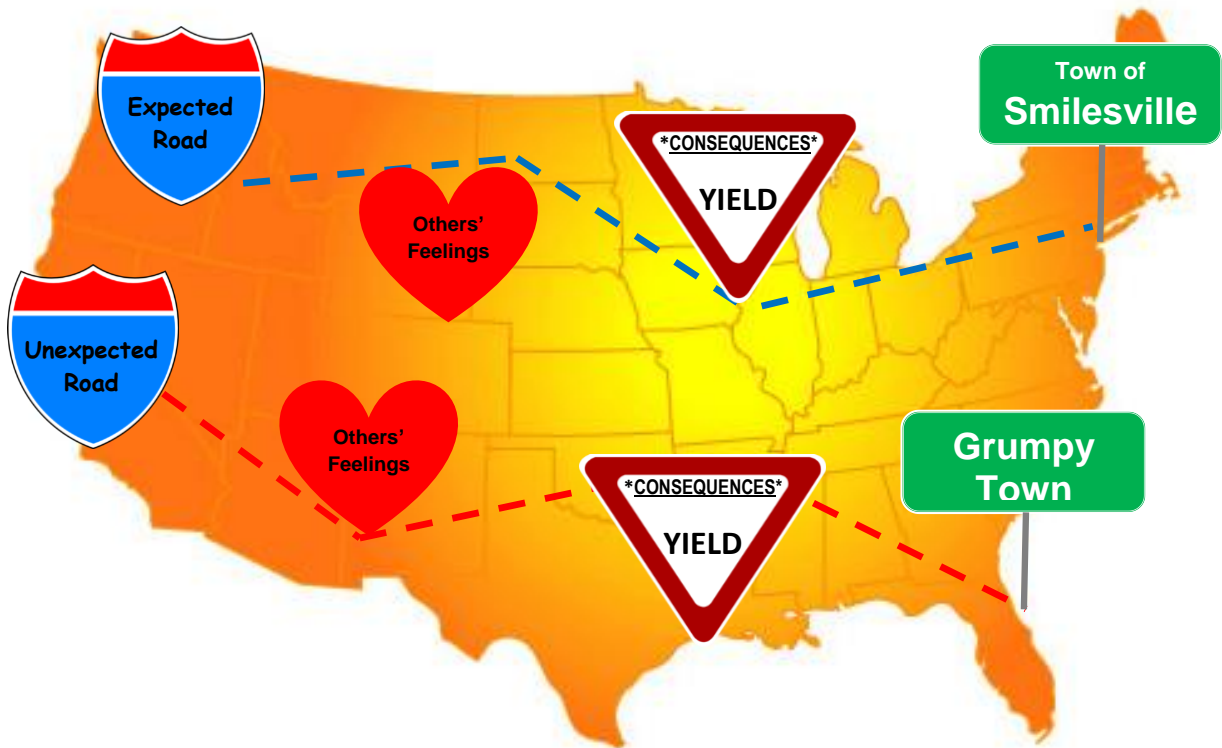


# Liberty View Elementary

## Social Smarts

Which Road  
Do You Choose?



Adapted from "Super Skills by Judith Coucouvanis" and  
Social Thinking Programs by Michelle Garcia Winner

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# Filling Buckets

We all carry around an invisible bucket. Your bucket is used to hold your good thoughts and feelings about yourself. When you are happy your bucket is full and when you are sad your bucket is empty. A bucket filler is a loving, caring person who says or does nice things that make others feel special. A bucket dipper is when you make fun of someone, when you say or do mean things, or even when you ignore someone.

## To fill a bucket you:

1. Say "Hi!" to someone
2. Invite a friend to play with you.
3. Write a thank you note.
4. Tell your family you enjoy spending time with them.

**Bucket filling is expected and makes everyone feel good.**



# Use Your Social Smarts and Be a Good Detective

Everyone is smart in different ways. Social smarts help our brains to know that others are having thoughts about us and we are having thoughts about them. We use our social smarts when we are around our friends and family. We use social smarts in school, at home, and EVERYWHERE!

**Expected:** These are things we do and say that give people good thoughts that makes them feel good about us and makes them feel good about themselves. It might be sharing, smiling, compromising or being a good sport.

**Unexpected:** These are things we say and do that give people uncomfortable thoughts about us. It might be cutting in line, blurting out, cheating or teasing.

**Social Detective:** We are good Social Detectives when we use our eyes, ears, and brains to figure out what others are doing now or are planning to do next, then knowing what they mean by what they say and do.

# Liberty View Virtues-School Rules

In order to learn and to be safe at school, it is expected to use the virtues.

**Respect:** treating someone or something the way you want to be treated.

**Responsibility:** means being dependable and making good choices.

**Honesty:** being truthful and sincere

**Compassion:** being kind, thoughtful, and understanding of the needs and feelings of others

**Self-Discipline:** thinking about your words and actions, and then making choices that are right for you and others

**Courage:** doing the right thing even when it is difficult

**Perseverance:** means working hard toward a goal and not giving up

**Tolerance:** being accepting of others and celebrating our differences.

## Learning Community Pledge

**We are learners**

**We keep it safe**

**We leave the world better than we found it**

**We are the reason someone smiled today**

# Hidden Rules

Hidden Rules are unspoken or unposted rules that are learned through experiences; like holding the door for another person, eating with your mouth closed, using please and thank you and saying excuse me when you walk through two people who are talking.

**To understand the hidden rules you need to:**

- 1. Be aware of the people you are with.**
- 2. Think about your setting such as home or School.**
- 3. Be flexible because the hidden social rules can change quickly.**

**Hidden rules are tricky because they are the rules or expected behaviors not usually taught directly to others.**

# Whole Body Listening

Showing you are listening, helps the speaker know that you are paying attention to what he or she is saying. When you are using whole body listening, you are using your social smarts.

**To show whole body listening, you:**

- 1. Turn your body and look at the speaker.**
- 2. Listen with your ears.**
- 3. Use your brain to think about what the speaker is saying.**
- 4. Your mouth, hands and feet should be calm and quiet.**
- 5. Listen with your heart. It shows you care.**



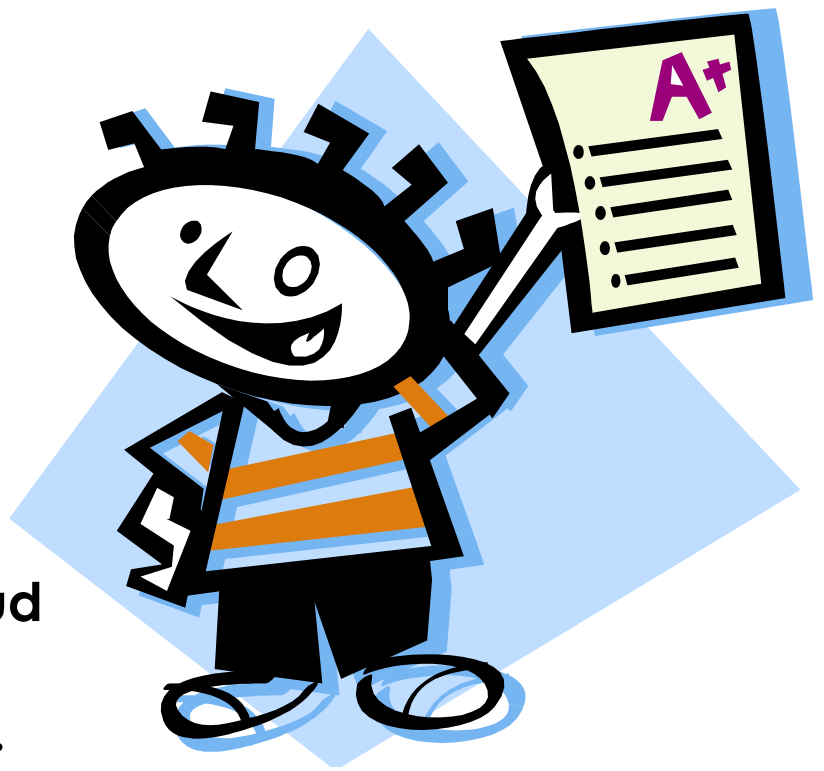


# Following Directions

When someone tells you what to do, they are giving you directions. When you are following directions teachers and adults will have good thoughts and feelings about you. You are using your social smarts.

**To follow directions, you:**

- 1. Look.**
- 2. Listen.**
- 3. Ask questions if you need to.**
- 4. Repeat the direction out loud or to yourself.**
- 5. Do it right away.**



# Zones of Regulation

The zones of regulation help us to understand our feelings. The zones help us with strategies to problem solve. The zones help us to have good thoughts and feelings about ourselves and to make good choices.



- I am...
- I calm...
- I feel...
- I choose...
- I solve...

# Greetings

When you enter a room, see someone you know or meet someone new, it is polite and friendly to greet him or her. It is expected to greet people. It makes others feel important and happy. Then, they will have good thoughts and feelings about you. When you greet others you will feel proud. Try some new greetings every day. Some hand greetings are the fish, butterfly, ice cream, microwave or boomerang. Make up your own fun greeting, too.

## To greet someone, you:

1. **Smile.**
2. **Use a friendly voice.**
3. **Look at the person.**
4. **Say “Hi” and the person’s name.**
5. **Find a topic to talk about**



# Introductions

When you meet someone new, it is polite to introduce yourself to him or her. It is expected to introduce people. It makes others feel important and happy. Then, they will have good thoughts and feelings about you. This helps them think you are friendly and feel comfortable around you.

**To introduce yourself, you:**

- 1. Smile.**
- 2. Look at the person.**
- 3. Say: “Hi, my name is \_\_\_\_.  
What’s your name?”**
- 4. Listen to the answer and say: “Hi, \_\_\_\_, it’s nice to meet you.”**



# Inviting Someone to Play

It is fun to play with others rather than alone. To play with others, you ask someone to join you. It's a great way to increase your friend file.

**To invite someone to play, you:**

1. Choose someone.
2. Walk close.
3. Smile.
4. Ask. "Do you want to...?"
5. If "yes" go play.
6. If "no" ask someone else.



**To answer someone who wants to play, you:**

1. Smile.
2. Look.
3. Answer with a friendly face.

# Making a Friend

Being a friend is a lot of work. To have friends you must treat others like you want to be treated.



**To make a friend you:**

- 1. Go to where another person is doing what you like to do.**
- 2. Smile and tell them your name.**
- 3. Open up your friend file and ask them what they like to do. It is important to think about others.**
- 4. Ask the other person if you can join them.**
- 5. Share and compromise.**
- 6. Give compliments and be encouraging.**
- 7. Be a good sport if you are playing a game. Don't leave anyone out.**
- 8. Remember to use a friendly face and voice.**

# Time Machine

**The time machine helps you assertively handle conflicts.**

**Step 1:** Go back in time to when the conflict happened.

**Step 2:** Be willing to solve conflict and be friends. (**Are you willing?**)

**Step 3:** Do S.T.A.R. breathing (**Breathing star**)

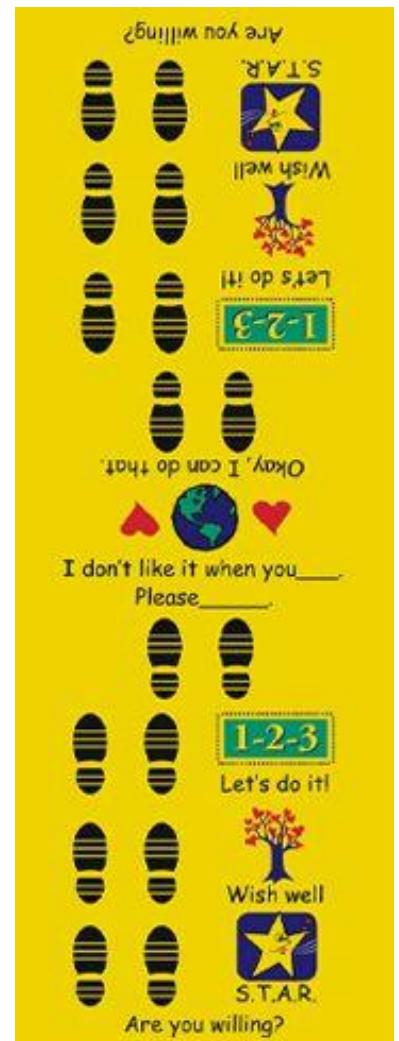
**Step 4:** Wish each other well. Have good intent toward each other. (**Tree of Hearts**)

**Step 5:** Focus on the goal and unity. Say out loud, **“Let’s do it!”** (**Count 1-2-3**)

**Step 6:** Use helpful words and use the sentence starters on the board. The student who feels wronged goes first. Tell the other student what you want to happen. They will respond with **“I can do that”**.

**Step 7:** Flip sides and repeat the process if needed.

**Step 8:** Show each other there are no hard feelings with a symbolic gesture or kind word. (**Hearts and globe**)



# Being a Good Audience

It is expected to be a good audience. It makes others feel important and happy. Then they will have blue thoughts and feelings about our school.

**To be a good audience you:**

- 1. Sit politely: Ask myself, “Is my body in the group? Am I showing whole body listening?”**
- 2. Watch what is taking place.**
- 3. Listen to what is being said.**
- 4. Talk only if asked to do so.**
- 5. Use polite responses: Is my laugh appropriate? Am I clapping at the expected times?**
- 6. Enter and leave quietly.**



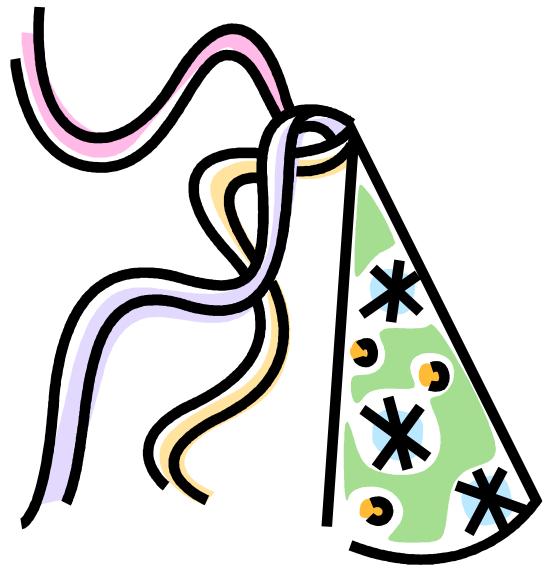


# Party Manners

It is expected to show polite behaviors during class parties. We want to have fun, but we have to be respectful and responsible.

**To show party manners, you:**

- 1. Say, "Thank you," to room helpers for assisting with the party.**
- 2. Eat politely. Use please and thank you.**
- 3. Handle drinks carefully.**
- 4. Use quiet voices when playing games.**
- 5. Have seconds only when offered.**
- 6. Make sure your area is clean when you are finished.**
- 7. When playing games, be a good sport. Have a flexible brain.**
- 8. Use whole body listening with the adult helpers.**



# Starting a Conversation

When you see someone you know, or meet someone new, it is polite to converse on a topic both of you can talk about.

**To start a conversation, you:**

- 1. Look friendly (relax) and smile.**
- 2. Choose a common, shared topic. (Movies, books, sports, school activities, hobbies, homework, games, etc.)**
- 3. Begin with a greeting.**
- 4. Ask a polite question or make a polite comment. Listen and remember what they said.**
- 5. Find a shared topic that interests the group. It is more fun for everyone if everybody can participate in the conversation.**
- 6. Watch out for Topic Twistermeister!!!**

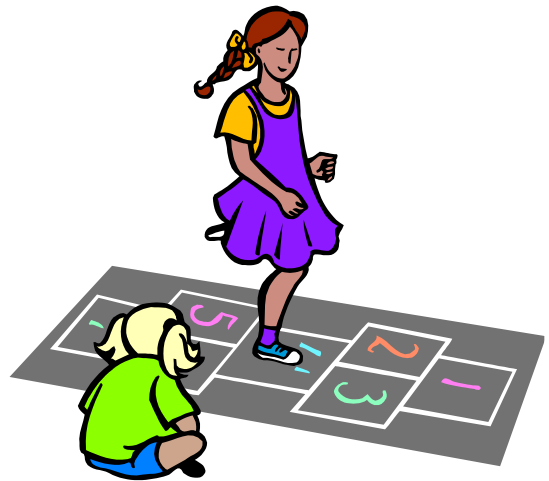


# Joining In

Sometimes it is fun to join a group and do what the others are doing. Think about kids that are friendly. Try to join those kids. Think about which kids like the same things you like. Open your friend file to show that you are a LVE social detective.

**To join others, you:**

- 1. Move close.**
- 2. Watch.**
- 3. Wait.**
- 4. Using your nice voice ask, " May I play with you?"**
- 5. If "yes" join in.**
- 6. If "no" do something else and try again later.**
- 7. Observe the activity you want to join. Try to fit in by imitating what the others are doing. Do not try to change what the other kids are playing.**

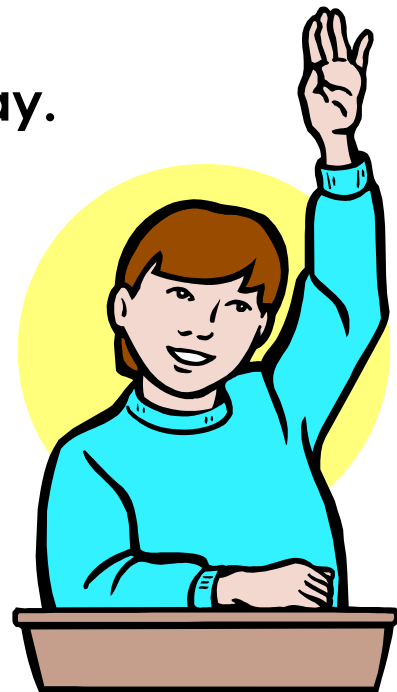


# Contributing to Discussions

During class there are times you may want to share your ideas or comments. It is expected to be patient and wait your turn. Watch out for Topic Twistermeister and Blurt Out Blue.

**To contribute to a discussion you:**

- 1. Decide what you want to say.**
- 2. Ask yourself, “Is this appropriate to the discussion?”**
- 3. Raise your hand and close your mouth.**
- 4. Show whole body listening and wait to be called on.**
- 5. After being called on, say what you want to say.**
- 6. Listen to other responses.**



# Entering a Conversation

When you enter a conversation, it is polite and expected to briefly talk on the same topic that the others are talking about, not a different topic. Watch out for Topic Twistermeister and Blurt Out Blue.

**To enter a conversation, you:**

**1. Listen and watch.**

**2. Wait for a pause.**

**A pause is a signal, like a green light, to enter the conversation. If we do not wait for a pause we are interrupting.**

**3. Smile.**

**4. Speak for a short time on the topic.**



# Exchanging Conversation

When you exchange conversation, it is courteous to take turns talking and listening. It opens up your friend files and helps you to think about others.

**To exchange conversation, you:**

- 1. Look and act interested**
- 2. Listen.**
- 3. Talk about yourself.**
- 4. Ask about others**
- 5. Make a comment on the topic**
- 6. Take turns talking and listening**



# Ending a Conversation

To end a conversation, it is courteous to give a simple explanation and use a farewell. It is unexpected to walk away from someone when they are still talking without an explanation.

**To end a conversation, you:**

- 1. Wait for a pause.**
- 2. Look.**
- 3. Give a short, simple explanation like “I have to go and do my homework. I will see you at school tomorrow.”**
- 4. End with a friendly farewell.**



# Waiting for Your Turn

Sometimes you have to wait. When this happens, you can make a waiting plan and do something else for a little while. In your classroom there may be times when you have to wait patiently for the teacher or for your turn playing a game. As difficult as waiting can be, it is expected to find things to do until it is our turn. You could sing, write, draw, listen to music, or look at a book. It will make you and your friends proud. Watch out for Space Invader.

## To wait, you:

- 1. Stay still, quiet and calm.**
- 2. Take a deep breath and count to five.**
- 3. Think: "It is hard to wait, but I can do it."**
- 4. Make a waiting plan.**
- 5. Do it.**





# Cooperating

Cooperating is working together on the same activity. When people cooperate, everyone has a job and no one is left out. It means making a plan that everyone can accept. The plan may not be the one you like most. Being flexible and safe will help you to be a good friend and learner. Sometimes you have to go along with the group plan. Don't be the Rule Police. Remember to be helpful not hurtful.

**To cooperate, you:**

- 1. Listen to the directions.**
- 2. Use a friendly face and voice.**
- 3. Listen to others' ideas.**
- 4. Tell your ideas.**
- 5. Make a plan.**
- 6. Say something nice at the end.**



# Compromising

Compromising is coming to an agreement with others that is acceptable to everyone. Being flexible is being socially smart. Sometimes it is expected to be a “group thinker” and not a “just me thinker”. Watch out for Rock Brain and Destroyer of Fun!!!

**To compromise, you:**

- 1. Think of a way everyone can do what they want:**
  - a. Take turns.**
  - b. Look for a win/win solution.**
- 2. Use a friendly face and voice**
- 3. Exchange suggestions.**
- 4. Come to an agreement.**
- 5. Do it.**



# Staying on Task

Staying on task means paying attention and continuing to work until the task is finished, or until it is time to do something else. There may be some “boring moments” during your learning time, but it is expected to show whole body listening throughout the day. Watch out for Brain Eater!!!

**To stay on task, you:**

- 1. Listen carefully to the directions.**
- 2. Ask questions when you do not understand**
- 3. Look at the task.**
- 4. Show you are working.**
- 5. Complete the task.**



# Completing Work on Time

It is expected for students to complete their schoolwork on time. You will feel proud and your teacher and family will be happy. Don't be a Negasorus Nix.

**To complete work on time, you:**

- 1. Work quietly, carefully and in a timely manner.**
- 2. Ask yourself, "Is all my work finished?"**
- 3. Look over each question or problem.**
- 4. When you are sure your work is completely finished, check to see that your name is on it.**
- 5. Use your inner coach to say to yourself, "Good for me!!! I finished all my work."**
- 6. Make sure that your planner is filled out neatly so you are able to finish your homework.**



# Reading the Feelings of Others

A person's body language and voice gives clues to what he or she is feeling. We have many feelings during the day. All of our feelings are important. Some feelings are happy, sad, proud, angry, left out, scared, or excited. Empathy is when you step in someone else's shoes and try to understand how they are feeling. Watch out for Mean Jean!!!



**To read feelings of others, you look for clues:**

- a. Look at their body language.**
- b. Listen to their tone of voice.**
- c. Listen to the words.**
- d. Try to understand how they are feeling and act in a friendly way.**

# How are you Feeling?



Confused



Embarrassed



Happy



Angry



Worried



Proud



Excited



Sad



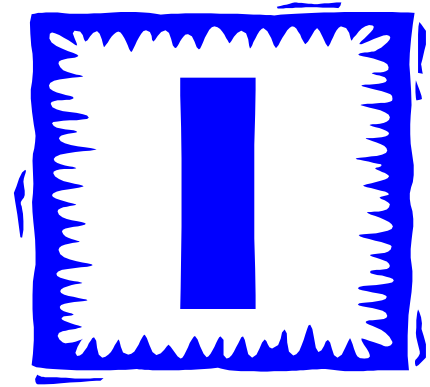
Scared

# Using “I Messages”

It is important to tell your friends and family how you feel.

**To use an “I” message, you:**

- 1. Look at the person.**
- 2. Say, “I feel...” say how you feel**
- 3. “When...” say what they did.**
- 4. “Please...” say what will fix the problem.**



**Example:**

**I feel sad when you take my crayons without asking, please ask me the next time.**

**I feel happy when you ask me to sit by you at lunch, please ask me again.**

**It feels good inside to be honest!!!**





Who Knows  
How to  
Use  
an "I Message"?

"I feel \_\_\_\_\_  
when you \_\_\_\_\_,  
and I would like for you to  
stop!"



# Sharing

Sharing is hard to do, but you know you are learning to be a good friend when you can share. Don't make a tiny problem an earthquake problem. Sharing is thinking about others and being a good social detective.

## To share you:

- 1. Decide what you want or what you have been asked to share.**
- 2. Ask, "Would you like to use my crayons and color a picture with me?"**
- 3. Make room for the person to join you and give him or her the item you have decided to share.**



**Don't be a Destroyer of Fun!!!**

# Offering Help

It is kind to notice when others might need your help and then offer to help them. Your friends will have blue thoughts about you when you help them.

**To offer help, you:**

- 1. Notice if someone needs help.**
  - a. Look at what they are doing.**
  - b. Look at their body language.**
  - c. Listen to their words and tone of voice.**
- 2. Use a friendly voice.**
- 3. Ask if you can help.**
- 4. If the person says “Yes,” then help.**
- 5. If the person says “No, thank you” then you can help them another time.**



# Using Kind Words

It is friendly to use kind words when speaking to others, especially when you want others to think you are friendly.

**To use kind words, you:**

- 1. Look at the person.**
- 2. Think about what you want to say.**
- 3. Use a friendly face.**
- 4. Use a calm voice.**
- 5. Use nice words.**

**A good social detective gives compliments, uses encouraging words and thinks about others.**



# Positive Self-Talk – Private Victory

**When you do something well, you can give yourself a compliment. It is important to use positive self-talk. Positive self-talk is using your inner coach. Watch out for Negasorus Nix.**

1. Look at or think about the good thing that you did.
2. Smile (to and for yourself).
3. Say to yourself, “I did a great job of (listening, finishing my work, being a good friend, doing my chores). Good for me!”

Do this several times a day. It’s like filling your own bucket



# Giving and Receiving Compliments

Compliments make people feel good.

**To give a compliment, you:**

1. Look.
2. Use a friendly face.
3. Use a sincere voice.
4. Say what you like about the person's actions or words.

**To receive a compliment, you:**

1. Smile.
2. Look.
3. Say "Thank you."



# Giving a Suggestion

A suggestion is an idea spoken to another person in a respectful way. Just because you give a suggestion doesn't mean that you are always going to get your way. You have to use your flexible social smarts.

**To give a suggestion, you:**

- 1. Decide if you have something to suggest.**
- 2. Use a friendly face and voice.**
- 3. Make the suggestion.**
  - a. I think...
  - b. I wonder...
  - c. What about...?
- 4. Remember: There is more than one right way.**



# Receiving a Suggestion

A suggestion is an idea spoken in a respectful way. Sometimes a suggestion is given to encourage someone to do something different.

**To receive a suggestion, you:**

- 1. Stay calm.**
- 2. Listen carefully to the suggestion.**
- 3. Make no excuses.**
- 4. Respond to the suggestion:**
  - a. “Thanks for the suggestion.”**
  - b. “Let me think about that.”**
- 5. Do:**
  - a. Follow the suggestion.**
  - b. Explain your behavior.**
  - c. Suggest what to do now**
  - d. Correct a mistake.**
  - e. Apologize.**
- 6. Remember:**
  - a. There is more than one right way.**



# Apologizing Sincerely

Sometimes we make mistakes or hurt people's feelings. It takes a lot of courage to say, "I'm sorry".

**To apologize to someone, you:**

- 1. Decide to whom you need to apologize.**
- 2. Look at them eye to eye.**
- 3. Use their name so they know that you are talking to them. Say, "I'm sorry!" using a clear, kind and sincere voice.**
- 4. State the reason that you are sorry.**
- 5. Try not to repeat the mistake or accident.**



# Choices

Sometimes there are directions given by my teacher that I follow. Sometimes I may be given a couple choices, “You may \_\_\_\_\_ or \_\_\_\_\_”. What is best for you? Sometimes when I’m in the green zone (calm, ready to learn) my teacher might ask, “What are your choices?”

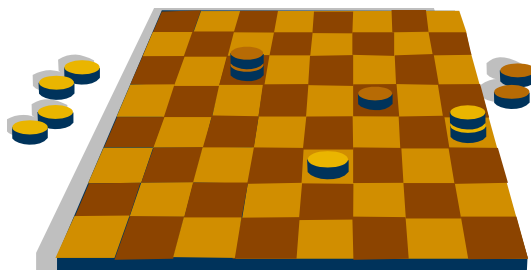


# Being a Good Sport-Enjoy the Game

Everyone likes to win. Sometimes you win and feel happy. Sometimes you lose and feel disappointed. It's okay. Everyone tries to be a good sport when they lose. Remember to follow the rules and give everyone a chance to play. Encourage others when you can. Don't be a Destroyer of Fun!!!

**To be a good sport, you:**

- 1. Keep a friendly face and voice.**
- 2. Take a deep breath to stay calm.**
- 3. Think: "I'm disappointed but I can handle this."**
- 4. Make a plan:**
  - a. Congratulate the other player.**
  - b. Say "Good game."**
  - c. Think: "Maybe next time."**



# Giving Encouragement

Sometimes people feel sad or discouraged, especially when things are not going as they expect them to. It is friendly to show concern and give encouragement to others. It is expected to show empathy to our friends.

**To give encouragement, you:**

- 1. Read the person's feelings.**
- 2. Look.**
- 3. Use a friendly face and voice.**
- 4. Make a hopeful comment such as:**
  - a. "Nice try."**
  - b. "You can do it."**
  - c. "It will be O.K."**
  - d. "You'll get it."**

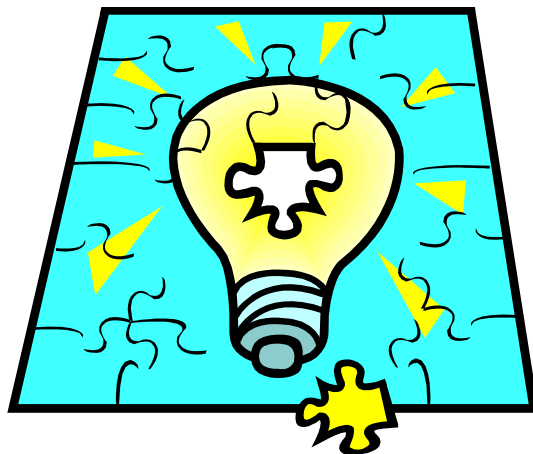


# Being Flexible

There are many ways to do something. Being flexible is very important when working in a group and when people have different ideas.

**To be like Super Flex you:**

- 1. Stop.**
- 2. Take a deep breath.**
- 3. Let it go.**
- 4. Think: “What is happening here?”**
- 5. Make a plan.**
- 6. Remember:**
  - a. There is more than one right away.**
  - b. There is always another way.**

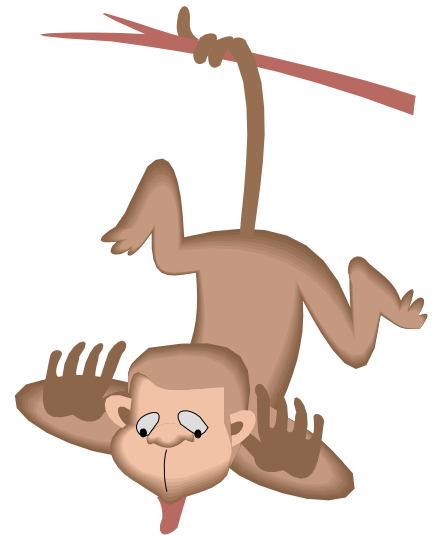


# Dealing with Teasing or Mean Jean

Teasing can be friendly, such as joking around or unfriendly, such as name calling and making fun of someone. You may feel angry, upset, embarrassed, left out or sad. It hurts your feelings.

**To deal with teasing, you:**

- 1. Take a deep breath.**
- 2. Keep calm.**
- 3. Think: "I can handle this."**
- 4. Choose:**
  - a. Ignore.**
  - b. Walk away.**
  - c. Ask the person to stop in a strong way.**
  - d. Find a different activity.**
  - e. Use a sense of humor.**
  - f. Seek help.**
- 5. Do it.**



# Are You Tattling or Reporting?

## Be helpful, not hurtful

**Tattling** is when someone tells on somebody else because that person did something he or she feels is wrong. It is when someone tries to get someone else in trouble, make themselves look better or to get attention from someone. It is minding someone else's' business. It might be an accident, harmless or unimportant.

**Reporting** is when there is a safety concern. It might be a harmful or dangerous situation. You should report to an adult if someone is hurt, if someone bullies you, someone is hurting property, someone is sick or is fighting. Any dangerous or safety situation should be reported immediately to an adult. Reporting is important.



Think...

Are you TATTILING or

REPORTING?!



Tattling vs. Reporting		
Getting someone <b>IN</b> trouble	vs.	Getting someone <b>OUT</b> of trouble
Unimportant	vs.	Important
Harmless	vs.	Harmful, or Dangerous
Accident	vs.	Being mean on purpose

115

# Asking for Help

It is okay to ask for help. Sometimes other people have different ideas and information that might help to make your task easier.

**To ask for help you:**

- 1. Recognize you need help.**
- 2. Think of who can help.**
- 3. Move close to the person.**
- 4. Say the person's name.**
- 5. Ask in a friendly voice.**
- 6. Say: "Thank you."**





# Dealing with Anger

Being angry is okay. Everyone gets angry sometimes. Dealing with anger appropriately is expected in order to be a good friend and social detective. Watch out for Glassman!!!

**To deal with anger, you:**

- 1. Stop.**
- 2. Take a deep breath.**
- 3. Let it go.**
- 4. Think “What is happening here?”**
- 5. Make a plan.**
  - Wait it out.
  - Talk it out.
  - Walk it out.
  - Apologize if you need to.





# Anger thermometer



**5**

**OUT OF CONTROL**



**4**

**NEED A BREAK!**



**3**

**ANGRY**



**2**

**A LITTLE MAD**



**1**

**GOOD TO GO!**

# Dealing with Mistakes

Making mistakes is O.K. Everyone makes mistakes sometimes. Watch out for Worry Wall and Perfect Pete.

**To deal with a mistake, you:**

- 1. Take a deep breath.**
- 2. Keep calm.**
- 3. Think “It’s a mistake; I can handle it.”**
- 4. Choose:**
  - a. Ask for help.**
  - b. Try again.**
  - c. Admit your mistake, apologize and try to correct it.**
  - d. Accept another’s apology.**



# Dealing with a Problem

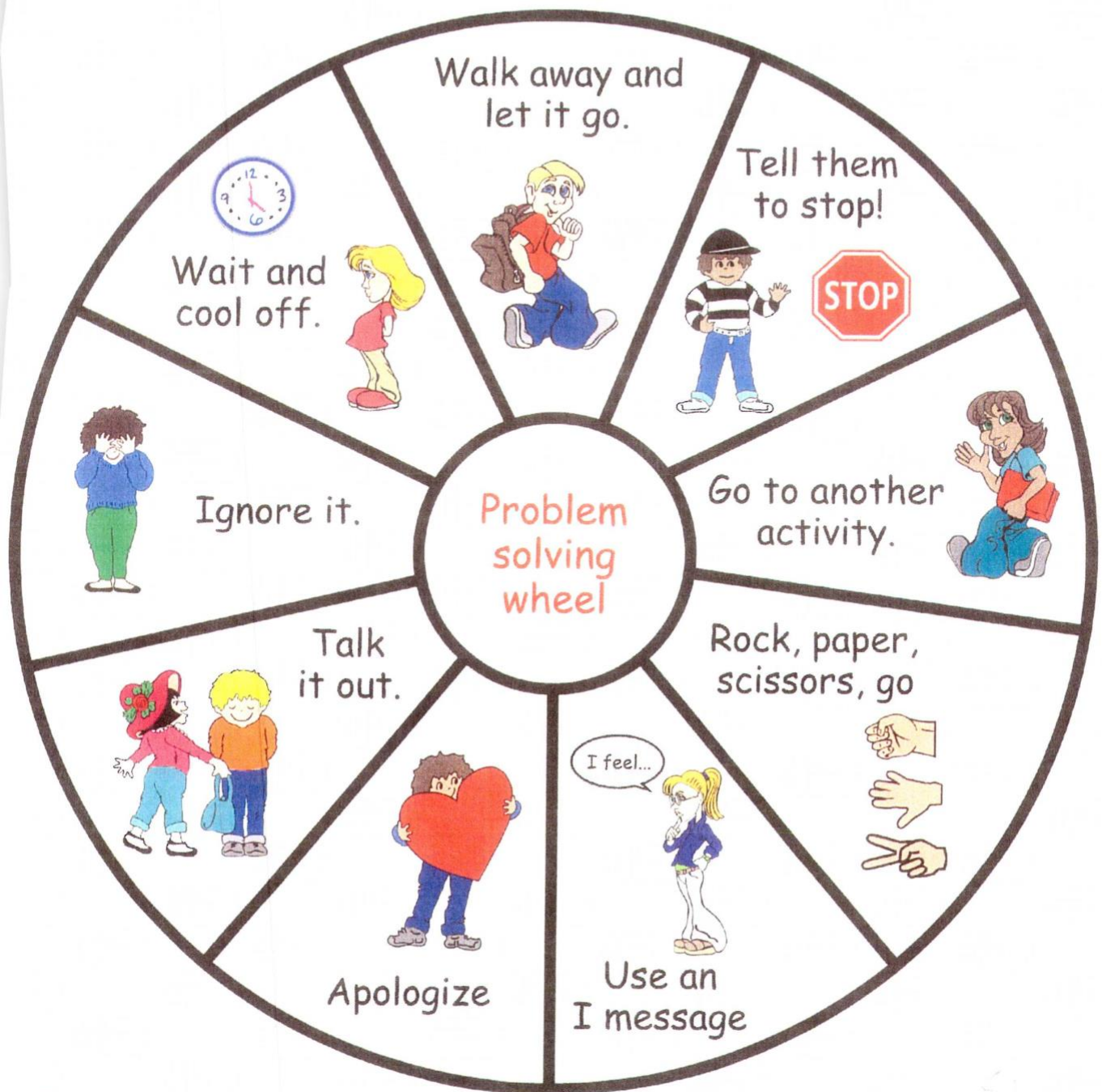
Problems are like surprises that can happen to anyone at any time. There are many ways to deal with problems. When one way doesn't work, try another way. Be flexible and watch out for the Rule Police.

**To deal with a problem, you:**

- 1. Stay calm.**
- 2. Think: "This is a problem. What is happening? Here?"**
- 3. Sort out the problem. Listen and share feelings.**
- 4. Think of different ways to manage the problem. Brainstorm different things you can do that will be a win/win solution.**
- 5. Try the best choice.**
- 6. If the first way doesn't work, choose another way.**



# What can I do?



# Disagreeing Politely

It is okay to have different ideas or disagree with a friend as long as you are polite and look for a win/win solution. It is expected to think about others and solve conflicts in a peaceful way.

**To disagree politely you:**

- 1. Look at the person.**
- 2. Use a pleasant voice.**
- 3. Say “I understand how you feel.”**
- 4. Tell why you feel differently.**
- 5. Give a reason. Listen to the other person.**





# Showing Interest in Others

It is friendly to show interest in others, especially when you want to be a friend to someone. It is expected to show an interest in others. It makes others feel important and happy. Then, they will have good thoughts and feelings about you.

**To show interest in others, you:**

- 1. Use a friendly face and voice.**
- 2. Look.**
- 3. Ask a question, or comment about:**
  - a. What the person is doing.**
  - b. What the person is thinking.**
  - c. How the person is feeling.**





# Using Humor

Having fun with your friends is fun. It is important to use humor at the right time. You should not use humor to tease someone or hurt their feelings. Watch out for Wasfunnyonce.

To use humor appropriately you:

- 1. Decide if the situation, joke or story is funny.**
- 2. Laugh or smile appropriately.**
- 3. Think of the setting you are in. (classroom, recess, lunch)**
- 4. Make sure you notice the body language of the people around you. If they are not laughing or smiling, you might want to think about what you said and if it was appropriate for the situation.**

