



GoZen!

SIBLINGS



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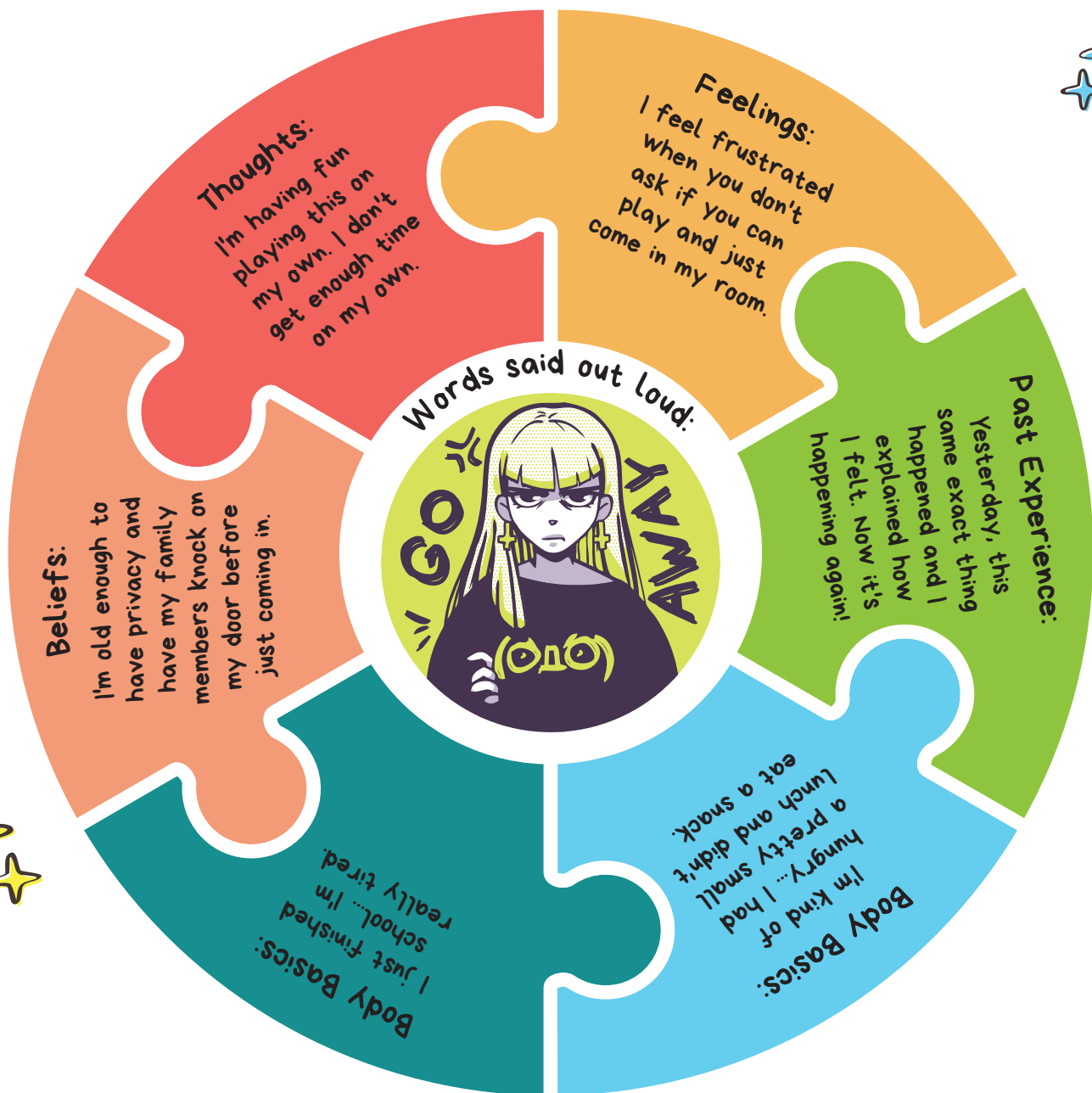


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THE CIRCLE OF UNDERSTANDING

Do you ever wonder why your sibling says the things they do? Words said out loud are usually surrounded by unsaid words, thoughts, feelings, beliefs, and more. Uncovering what surrounds your sibling's words can help you better understand their reactions. Check out the example below and then fill in your own on the next page!

The challenge:
I wanted to play with my sister and she yelled at me to "Go away!"

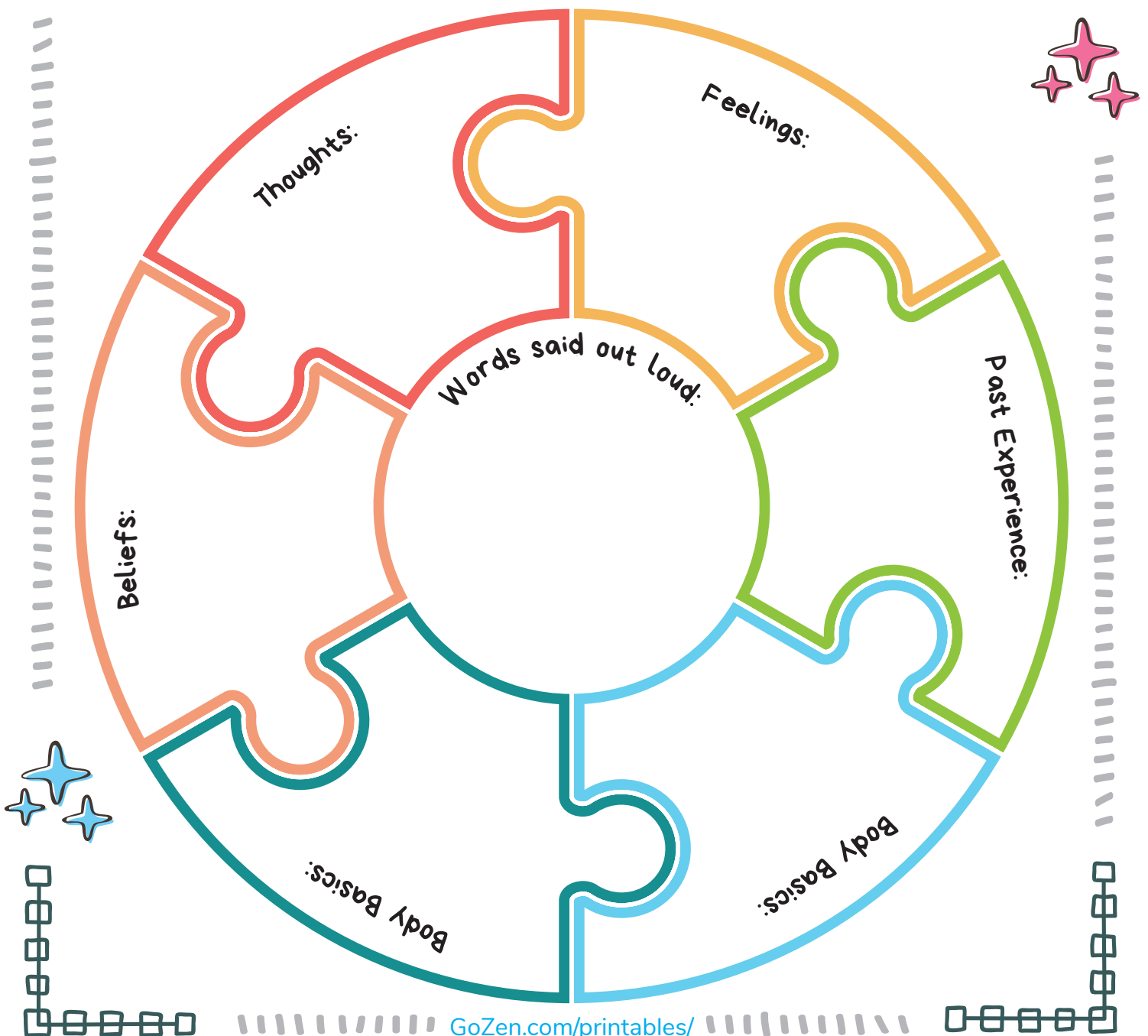




THE CIRCLE OF UNDERSTANDING

Fill in your circle of understanding below. Start by listing a recent challenge you and your sibling faced. In the middle of the circle, draw a picture of your sibling and write the words they said out loud. Then, take your best guess at filling in the unsaid words in the circle surrounding your sibling.

The challenge:



FLIP YOUR SCRIPT

When your brother or sister hurts your feelings, you probably want them to know how you feel. For someone to really listen, especially in the middle of an argument, you have to think before you respond.

I don't want to play with you!!

I need some space.
Can we play later?

That's mine!
Don't touch it!

That's special to me. I have something else I can share with you. I'm using that right now. I can let you know when I'm done.

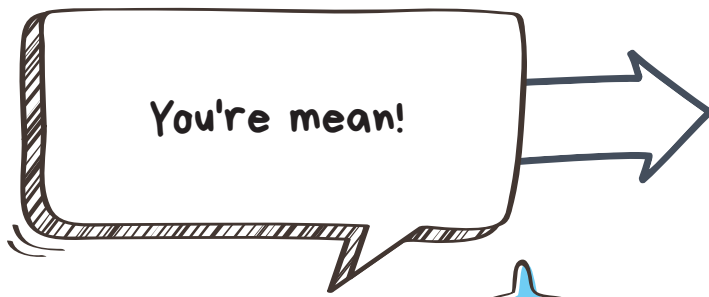
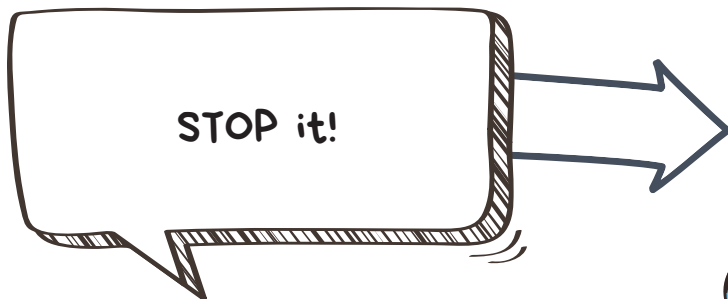
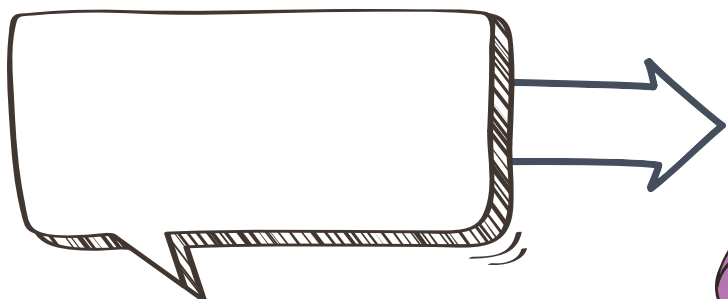
I'm telling!

Come on, let's figure this out without calling mom/dad/grandma/teacher etc.

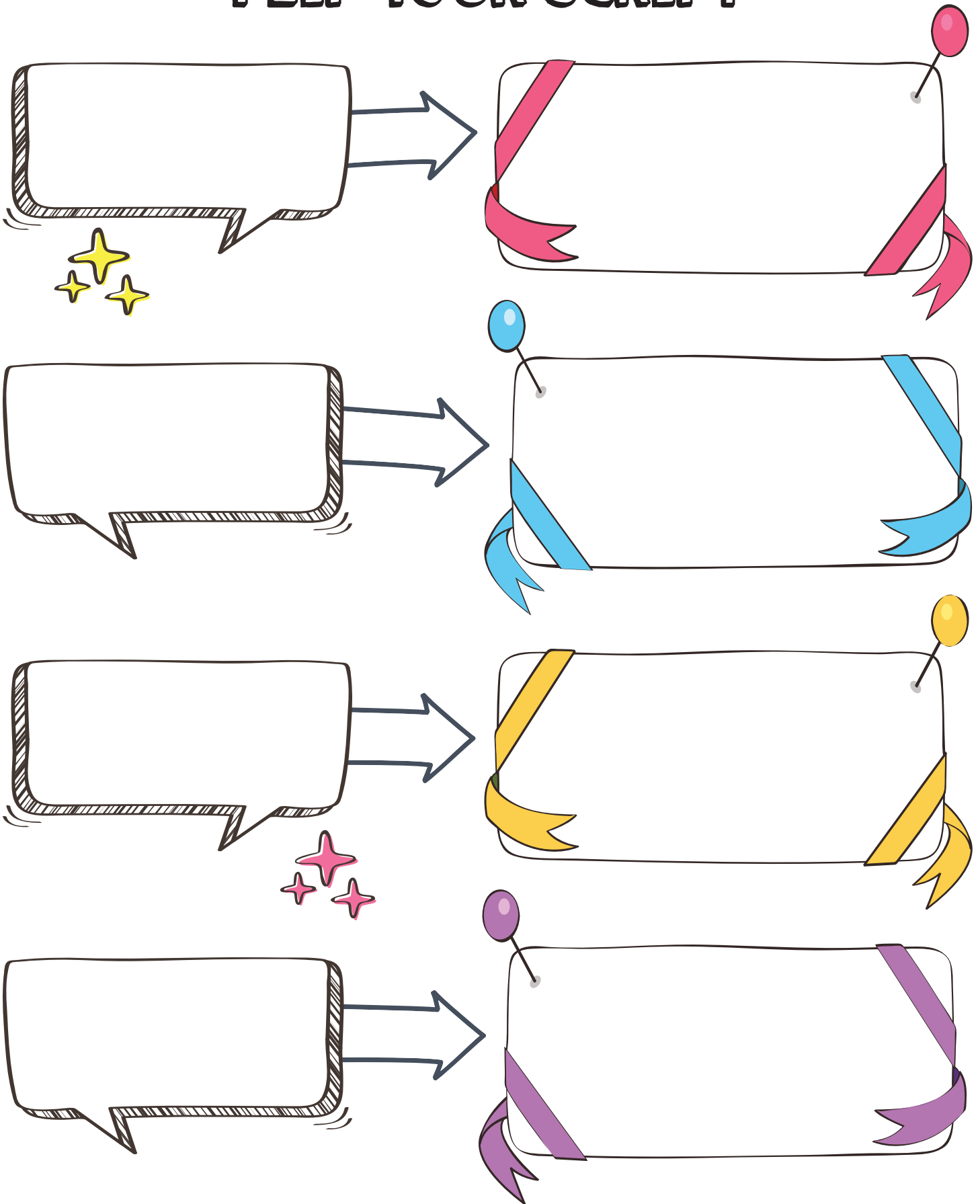
I'm going to hit you!

I need to go to my calm down area. I need some space right now.

FLIP YOUR SCRIPT

A rectangular notepad with a pink ribbon tied around it. A pink balloon is attached to the top right corner. The notepad has two lines of dashed text: "When you _____," and "I feel _____."A rectangular notepad with a blue ribbon tied around it. A blue balloon is attached to the top left corner. The notepad has two lines of dashed text: "When you _____," and "I feel _____."A rectangular notepad with a yellow ribbon tied around it. A yellow balloon is attached to the top right corner. The notepad has three lines of dashed text: "I feel like whenever _____", "_____, my brother/ sister gets _____", and "This feels more fair to me: _____".A rectangular notepad with a purple ribbon tied around it. A purple balloon is attached to the top left corner. The notepad is blank.

FLIP YOUR SCRIPT

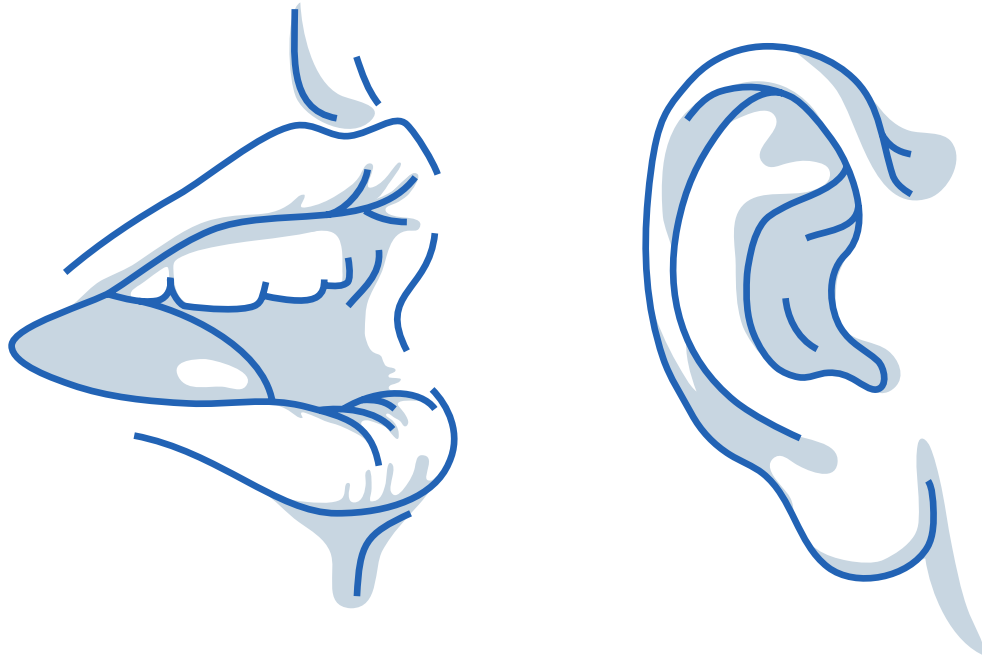




TALK IT OUT!



Active listening can take a lifetime to master, but is one of the most important skills in building empathy, compassion, and strong sibling relationships. Begin to master your skills by building a "Talk it Out" corner.



INSTRUCTIONS

1. Cut out the lips and ear separately.
2. Attach each to a popsicle stick (or something similar) with tape.
3. Find a place in your home or classroom to make your "Talk it out" corner. Place your lips and ear in this area.
4. The Talk is Out corner is used when you have a disagreement or conflict with someone. Both people involved come to the corner calmly and start by holding either the lips or ear.
5. The person with the lips speaks first for up to 2 minutes. This person can talk about their side of the story and how they feel. The person with the ear listens without interruption.
6. After 2 minutes, switch. Now, the person with the lips has a chance to respond; the one with the ear listens.
7. Repeat as necessary.

NO MORE GROUNDHOGS!

Have you ever seen the movie Groundhog Day? In the movie, a man relives the same day--Groundhog Day--over and over again. No matter what choices he makes during the day, he can't seem to move on to the next day. Finally, at the end of the movie, he makes positive changes and escapes the cycle. Sometimes, when we fight with our siblings, it can feel like we're living in a "Groundhog Day loop," playing out the same scenes over and over. Time to break the pattern by following the steps below!

Step 1: Identify the pattern (Example)

Typical Challenge:

My sibling puts on a TV show and then hides the remote so no one else can change the channel.

My Sibling's Feelings After:

I think my sibling feels bad, too. At least sometimes. I think my sibling feels frustrated, too.

My Reaction:

I usually ask nicely for the remote control and when my sibling ignores me, I start to get really mad and scream!



My Feelings After:

I feel mad and frustrated at my sibling. I feel bad when I get in trouble, especially when what my sibling is doing isn't fair. The next time it happens, I get mad even quicker.

Sibling's Reaction:

My sibling starts to scream back and sometimes chases me around the house! Then we fight and get in trouble with one of our parents.

STEP 1: IDENTIFY THE PATTERN

Identify your Groundhog Day pattern below. Think of a challenge you have with your sibling over and over again that seems to play out the same way. After you're done, look at the different parts of the cycle (Challenge, Reaction, Feelings) and circle the part(s) where you have a choice to change the pattern.

Typical Challenge:

My Sibling's Feelings After:

My Reaction:

My Feelings After:

Sibling's Reaction:

STEP 2: PICK A PATTERN BREAKER

While you might not be able to change a challenge you face or a feeling you have, you do have a choice over your reaction. Plan to change the way YOU react to a repeated challenge with your sibling. Below are some pattern-breaking suggestions... add your own ideas!



Change the tone or volume of your voice (example: Whisper)

Agree with whatever your sibling is saying/doing. Just say YES!



Do something outrageously funny!



Do the opposite of what you normally do.

Help your sibling to communicate their feelings (Example: "Sounds like you're frustrated.")



Ask your sibling if you can talk about what's going on. Use "I feel _____ when you _____" statements.

STEP 3: PROMISE TO PRACTICE

Writing how you're going to break out of a Groundhog Day pattern is a good step, but if you REALLY want to break the pattern, you need to practice. On this page, make a promise to practice your pattern-breaking reaction.

My promise...

I _____, promise
(name)
to practice my pattern-breaking
technique with my sibling on
_____ and/or the next
(date)
time a challenge comes up. If it
doesn't work the first time, I'm
going to be kind to myself and
not give up. I'll try again or try
another technique. I can do this!

Sign: _____

Date: _____

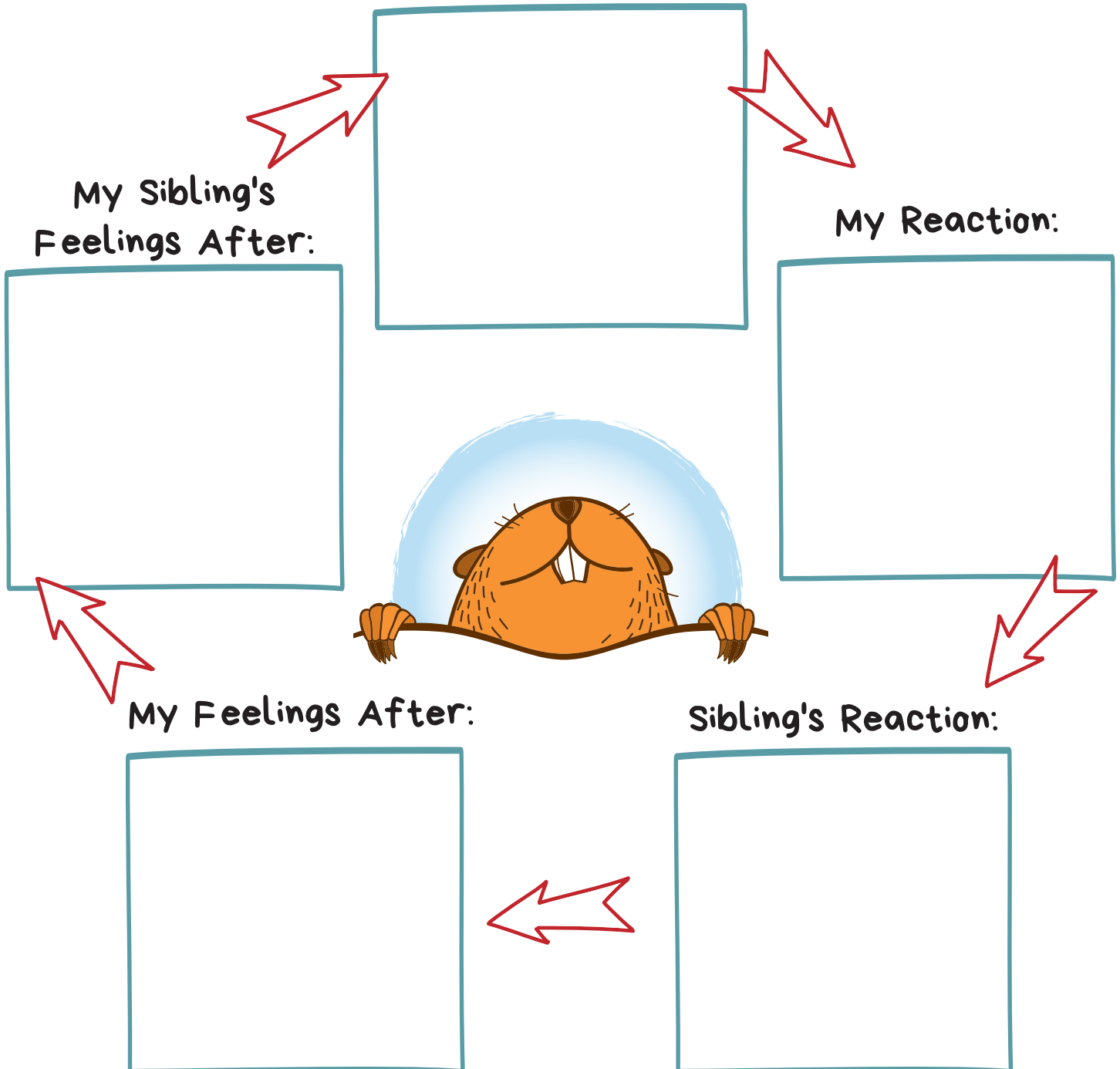


STEP 4: VISUALIZE SUCCESS



What'll happen once you change your reaction? The cycle below will look very different! Predict how it will go. Visualize Success! Remember, change takes time. If the first pattern-breaking method doesn't work, try another!

Typical Challenge:



SAVOR THE GOOD STUFF

You have some good times with your brother(s) or sister(s).
Think of your sibling or one of your siblings and write a
short sentence about when they make you feel great.

Example: Last night,
my brother was making
the goofiest faces and
it cracked me up!



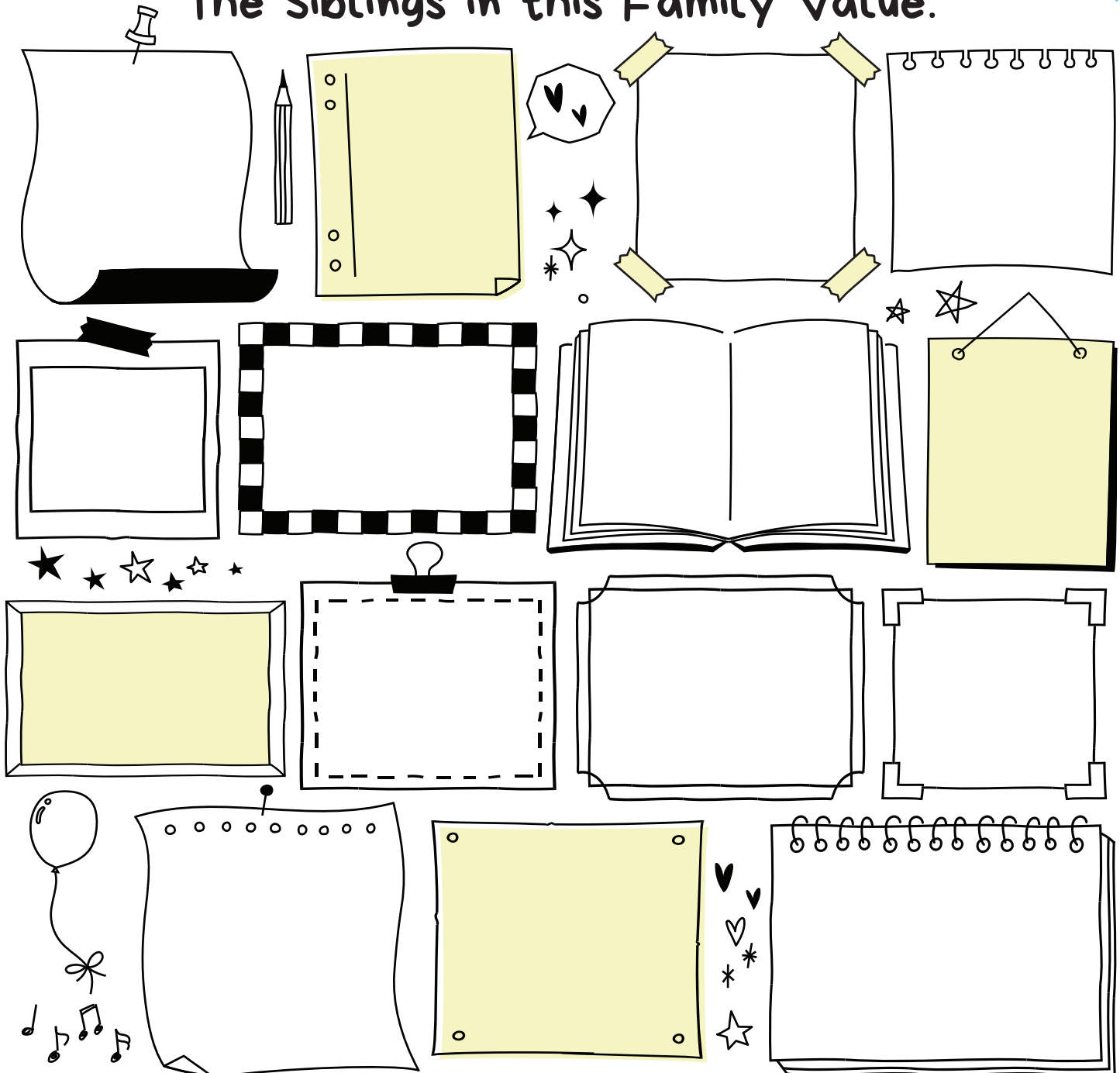
SIBLING



MANIFESTO

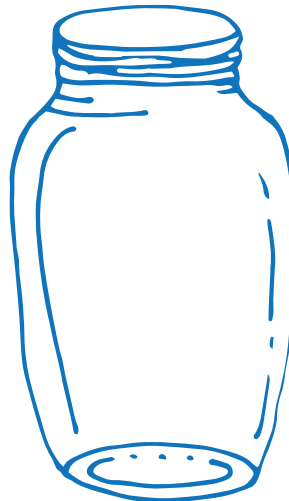
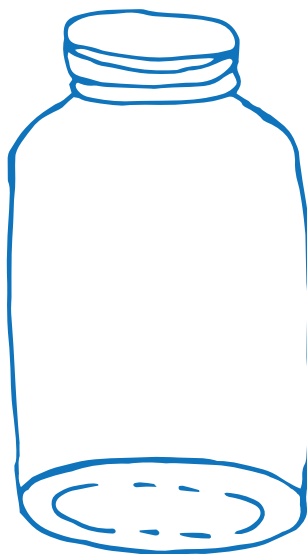
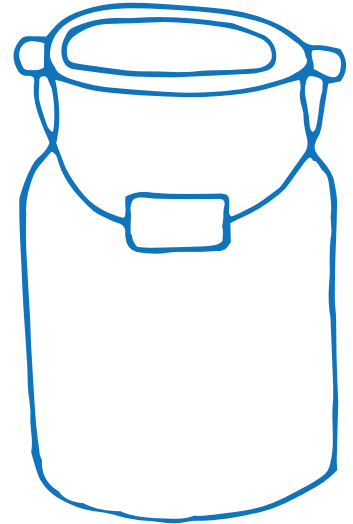
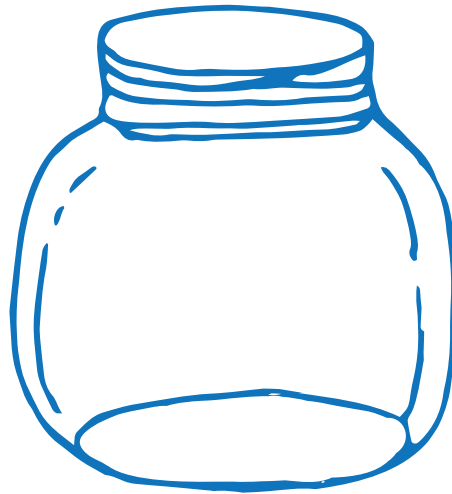
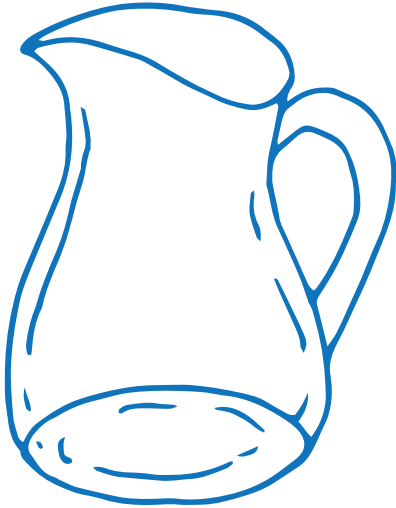
You and your siblings most likely share common values and goals. Write up some of the things you believe are important below.

The Siblings in this Family Value:



GRATITUDE JARS

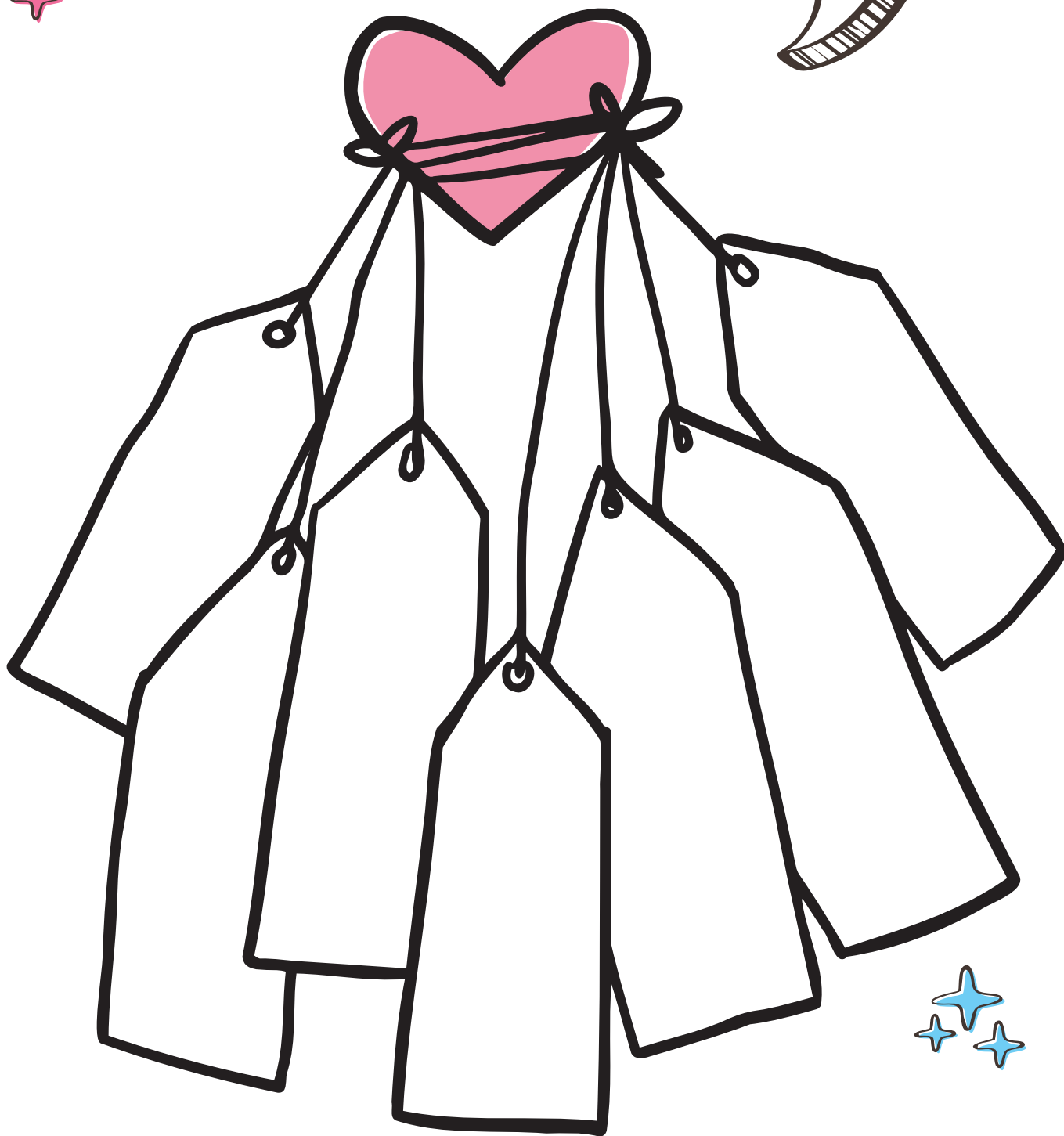
What do you appreciate about your sibling(s)? Think about what you are grateful for and write one piece of gratitude in each of the jars below. Example: "I'm grateful that my sister loves to play baseball with me."



STRENGTH SPOTTING

Think about one of your siblings and how you've seen them use their strengths recently. Write out how they used their strengths on the tags below. Examples:

"The way you drew that picture was so creative," or "You were so kind when you helped me with homework!" When you're done you can cut out these heartstrings and hang them on their door (with safe tape, of course)!





TERMS OF SHARING THE ❤️

1. Please do share these resources with friends and family by sharing this page: <https://gozen.com/printables/>
2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here:

<https://facebook.com/groups/scienceofhappinessforkids/>

[GoZen! Programs](#) help kids **Manage Stress and Build Resilience**

All of our animated programs are research-based and rooted in science, but each program focuses on a different set of life skills to help kids thrive.



[GoZen! Anxiety/Stress Relief Program](#)

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.



[GoStrengths! Well-being + Resilience Program](#)

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.



[GoHackify! OCD Relief Program](#)

5 Modules / 30 Animations / 110+ Minutes of video

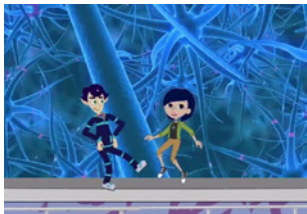
Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!



[GoToTheNow! Mindfulness Program](#)

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



[GoPositive! Negative Thoughts Mini Program](#)

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.



[GoWave! Panic Attack Mini Program](#)

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.



[GoAction! Procrastination Relief Program](#)

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!

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