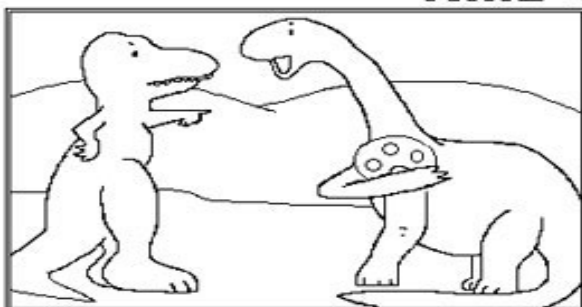
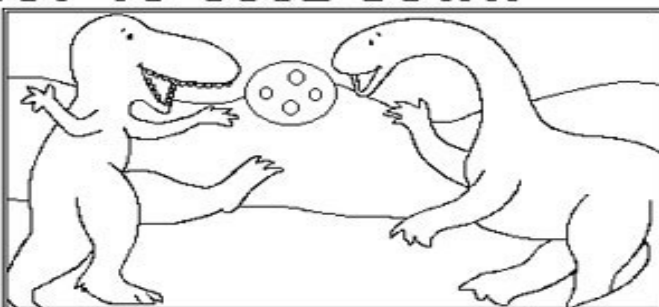


TIME OUT TO COOL DOWN



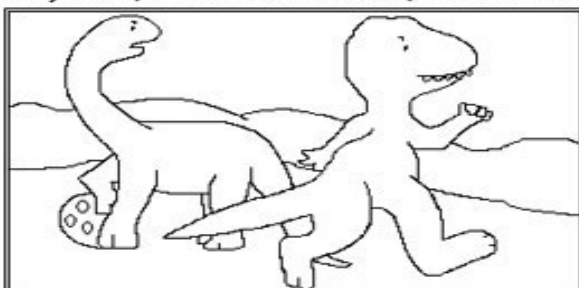
1. Even friends get into disagreements. These are conflicts. Conflicts happen to everyone, but how we handle them can make a big difference!



2. Many conflicts can be worked out, if both sides try to cooperate. Sharing or taking turns using the thing that you both want is usually the best solution.



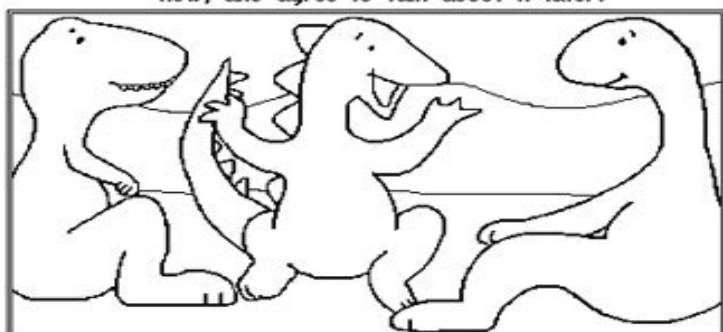
3. If you're too angry to think clearly enough to work out the problem, take a time out. Count to ten. Take a deep breath.



4. If you're still too mad, call for a longer time out. Walk away from the problem for now, and agree to talk about it later.



5. To cool down - do something you enjoy. Take a walk, listen to music, read a book. Or squeeze a pillow, or yell into it to get your angries out.



6. Sometimes another person that both sides trusts can help us work out our problems. This person acts as a mediator or peacemaker. He or she listens to both sides of the problem and helps us to work out the conflict together.