

WHAT'S ON YOUR MIND?



Sometimes my siblings and I argue and fight. What can I do to get along with them better?
—Sad in Singapore

Dear Sad,

Getting along with siblings can be hard. But you can pray for help to be patient and kind. When you disagree, try these ideas and read the scripture verses for more help. If a sibling is hurting you, get help from an adult right away.

You can do it!
The *Friend*

Take a break.

Walk away and take some deep breaths. Count three things you can see, two things you can hear, and one thing you can feel.

Matthew 5:9

**Make wise word choices.**

“Try out” your words in your mind before you say them out loud. How would you feel if someone said those words to you?

Proverbs 15:1

Solve the problem together.

Share ideas to get along better. Decide what you can both do together.

Amos 3:3

**Choose kindness.**

Ask yourself, “What would Jesus do?” Think of ways you can show kindness, even if you feel upset.

John 13:15

