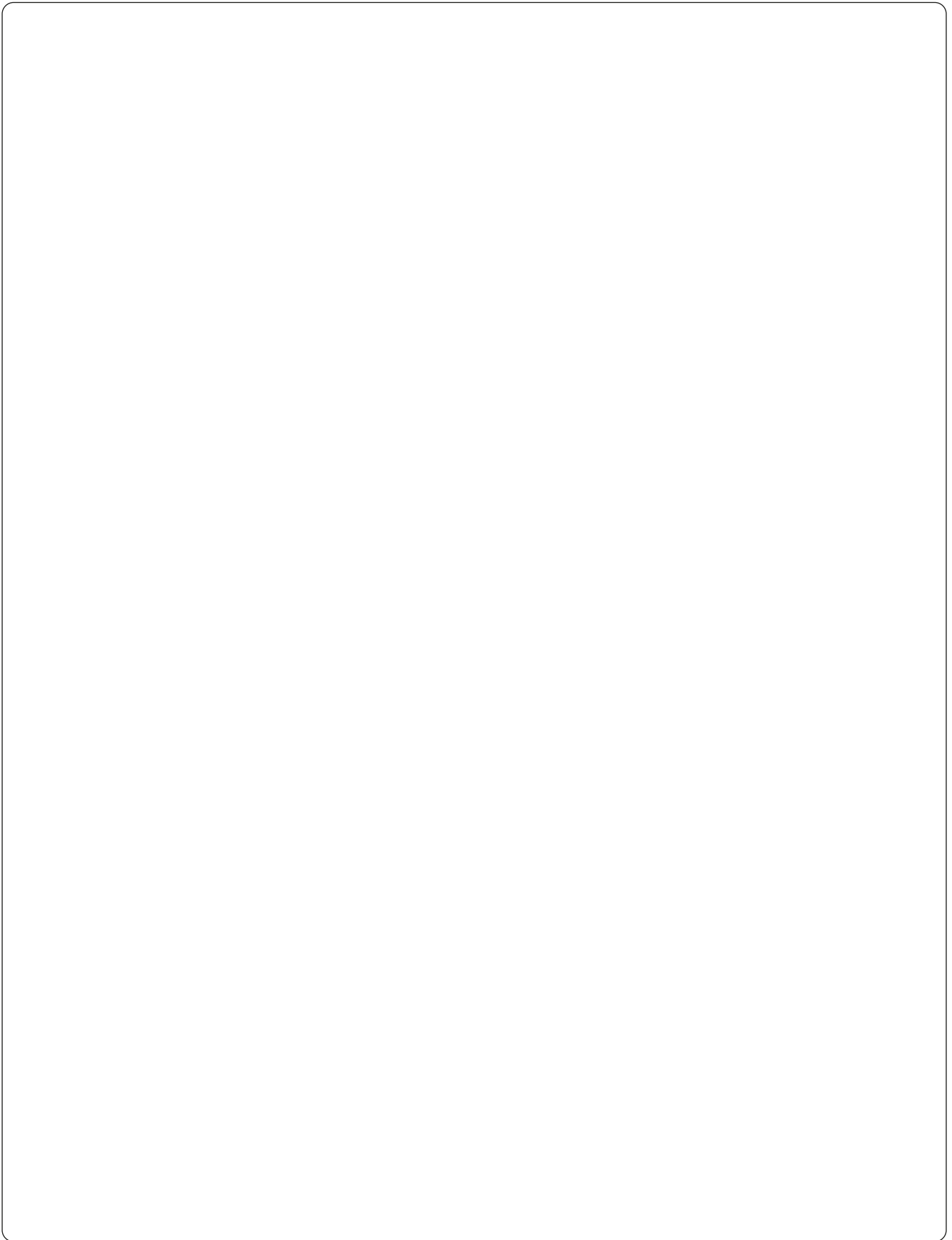




Jessica Kingsley
Publishers

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Imagine the dog you'd be thinking about, the kind you'd most like to get.
Draw or write about it here.



After you got your new dog, what would you do?

Well, you'd name him (or her).

Name: _____

And then you'd begin to learn about him.

You'd learn how to take care of him, what to feed him, when to walk him.

You'd learn how to play with him, how to groom him, how to pet him.

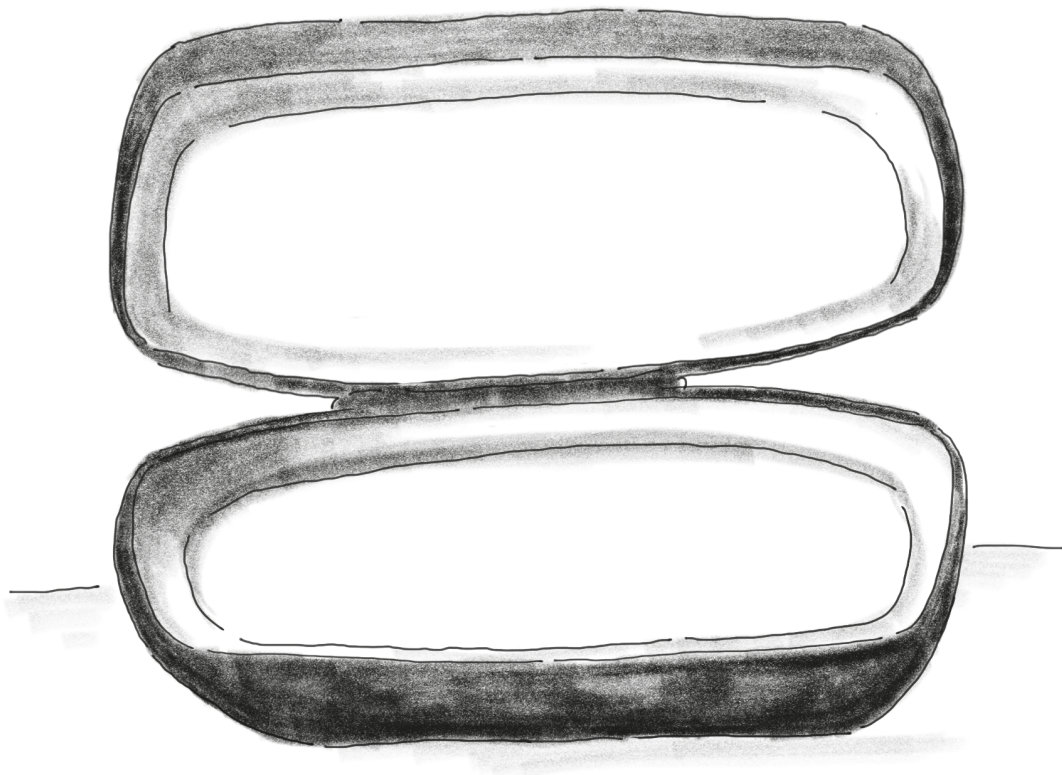
You'd learn how to sit together, how to wrestle each other, and when to just leave him alone.

Take a look at what's happening and see if you can work out what is in the thought bubbles. Pay attention to which glasses each child is wearing.



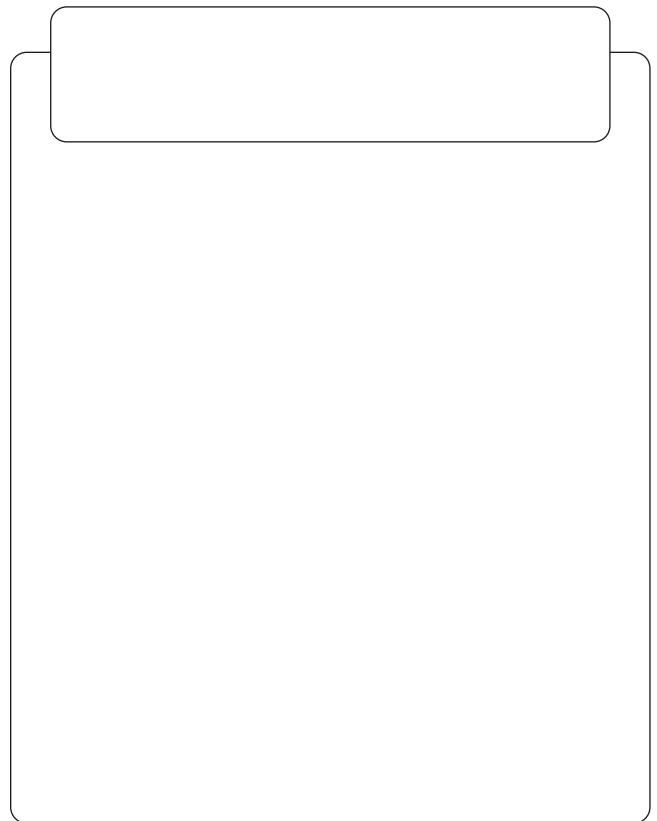
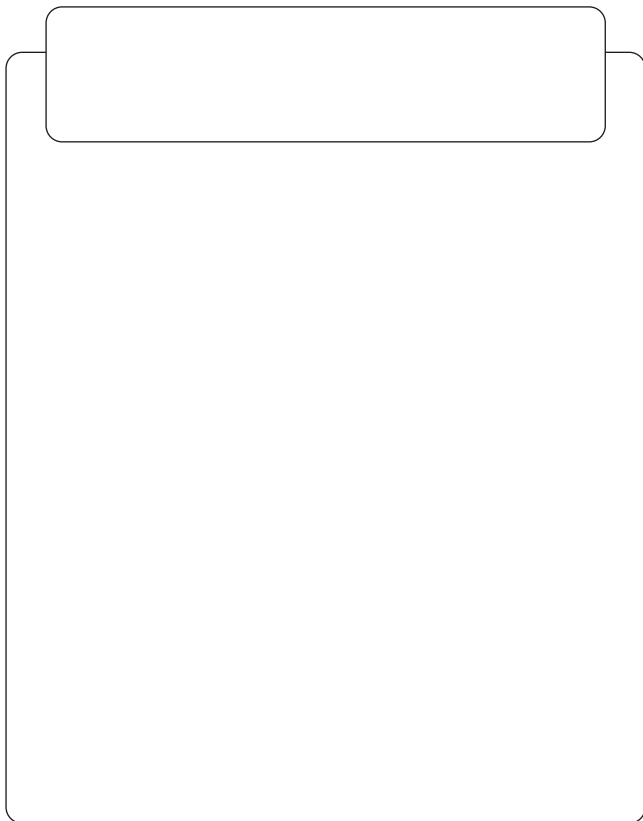
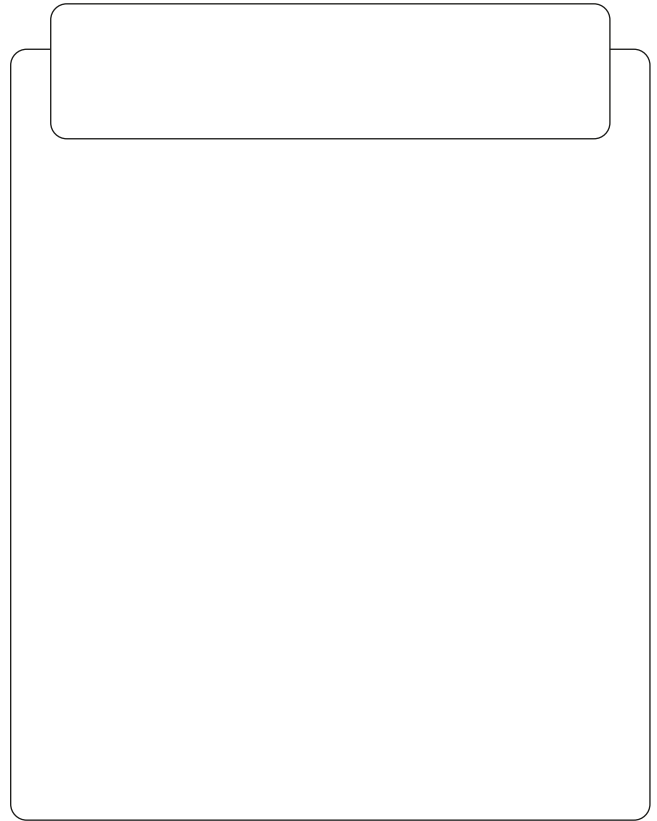
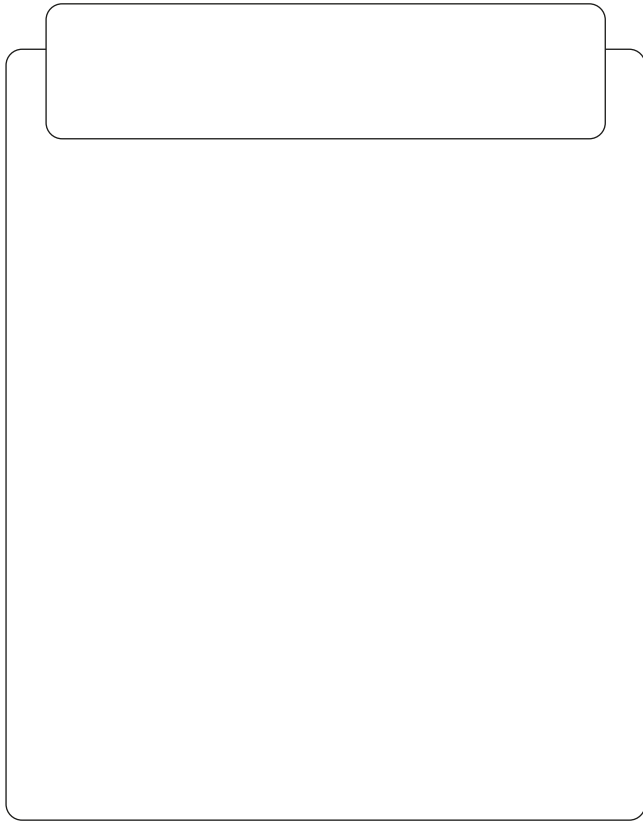
Imagine a pair of No-Big-Deal glasses. Draw or write about them here.

Draw your old Siblings-Stink spectacles in the case.



Use your imagination to snap down the lid.

Write the name of one of your siblings in each of the small rectangles, then use the larger boxes to write what you think that sibling wants from you. What are the things you can do to **reward** that sibling? It's okay if there are boxes left over.



Make a list of the nice things your brother or sister sometimes does—the things you wish they would do more often.



Draw or write about an indoor activity, an outdoor activity, and an activity you can do in your head while you are busy ignoring your brother or sister.

INDOOR ACTIVITY

OUTDOOR ACTIVITY

AN ACTIVITY TO DO IN YOUR HEAD

But there's plenty you can do to protect your work. You can fold origami when he's napping. Or make a special animal just for him, to keep him busy while you work on new pieces.

What else do you think you could do?

[illegible]

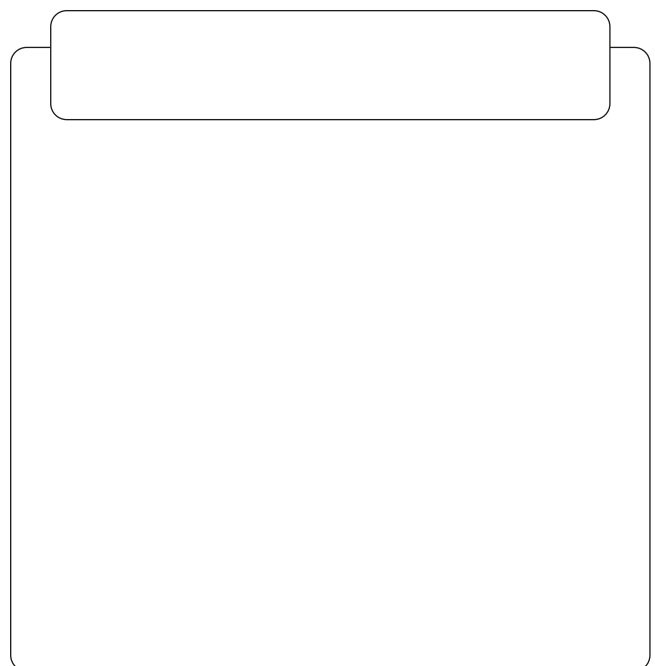
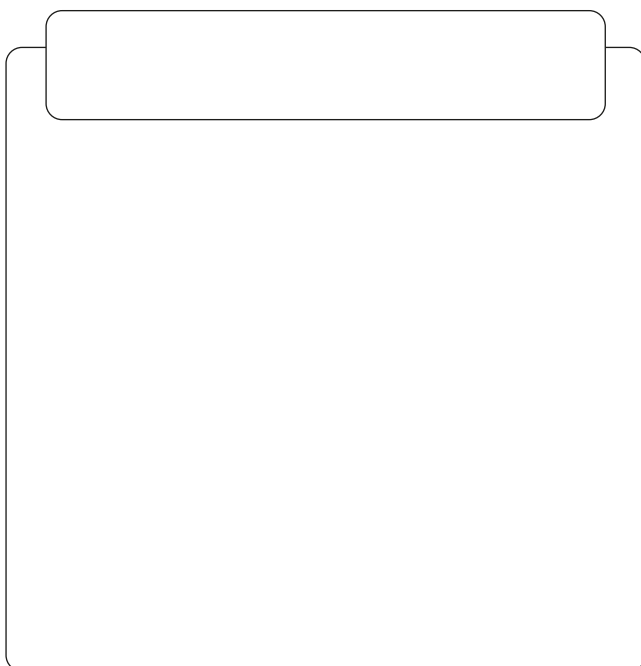
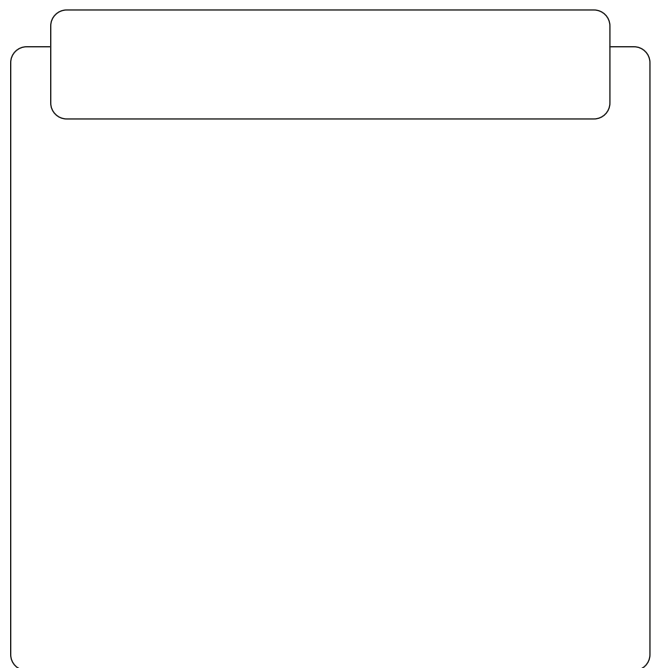
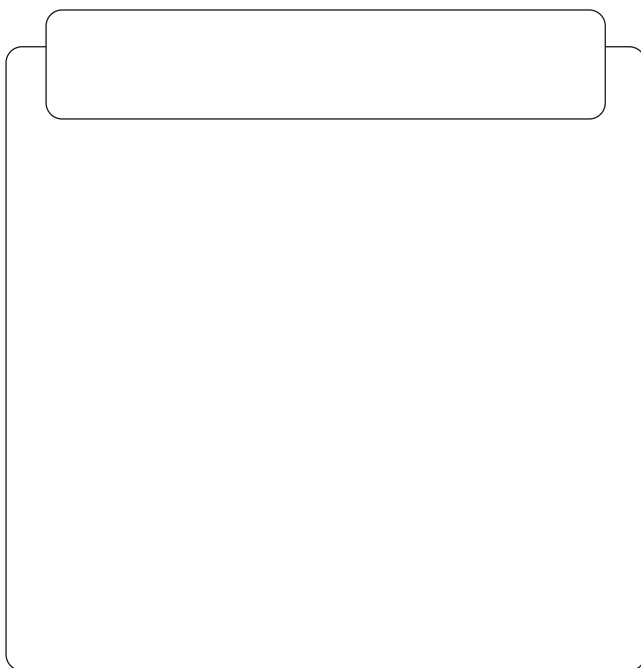
Write the name of one of your siblings in each of the rectangles.

Think about something that bugs you about that sibling. Something that is unlikely to change any time soon.

Make a plan to help yourself feel less annoyed. Something *you* can do.

Maybe you can lock your door to keep a younger sibling from touching your stuff. Or move away from an older sibling when their bad mood is rubbing off on you.

Write your ideas in the boxes under each sibling's name.



Look at the list below and **circle** the feelings you sometimes feel in a big way when you are with your sibling. **Underline** the feelings you feel in a smaller way. **Cross out** the feelings you don't feel at all.

HAPPY	DISAPPOINTED
ANGRY	CURIOUS
EXCITED	SCARED
JEALOUS	THANKFUL
SURPRISED	WORRIED
RESENTFUL	RELAXED
PROUD	DISGUSTED
ASHAMED	CALM
SAFE	LONELY
FRUSTRATED	LOVING
INTERESTED	WEAK
SAD	GRATEFUL
EAGER	ANNOYED

Circle the helpful ways of talking about your feelings. **Cross out** the methods that are not so helpful.

COMPLAINING

BLAMING

USING A REGULAR VOICE

YELLING

CALLING NAMES

NAMING YOUR FEELINGS

EXAGGERATING

SAYING WHAT YOU NEED

Pretend your brother or sister has just won an award for ice-skating. They talk about their award all the time, and so does everyone else. You feel jealous.

Circle the self-talk strategies that are likely to help you feel a bit better.

Cross out the ones that will only make you feel worse.

"GOOD FOR HER!"

"I HATE IT WHEN SHE BRAGS."

"THAT'S SO COOL!"

"BIG DEAL."

"I CAN'T WAIT TO TELL MIA."

"I NEVER WIN ANYTHING."

In the boxes below, draw or write about an indoor activity you can do to burn off a big feeling. Then draw or write about an outdoor activity.

INDOOR ACTIVITY

OUTDOOR ACTIVITY



REMEMBER TO

1. Define the problem.

2. Focus on the problem. No name-calling, teasing, blaming, or bullying.

3. Brainstorm ideas.

4. If you say no to someone's idea, come up with one of your own.

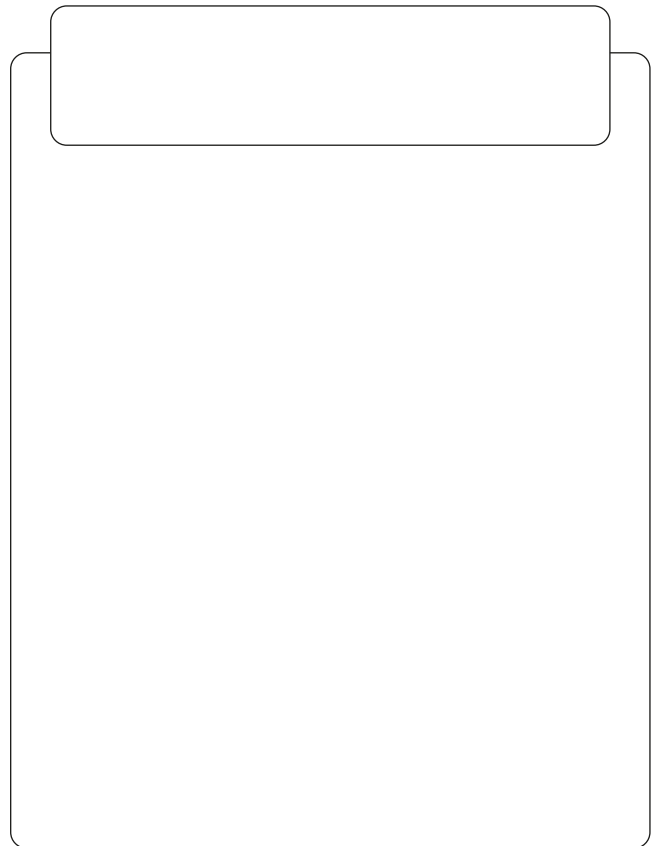
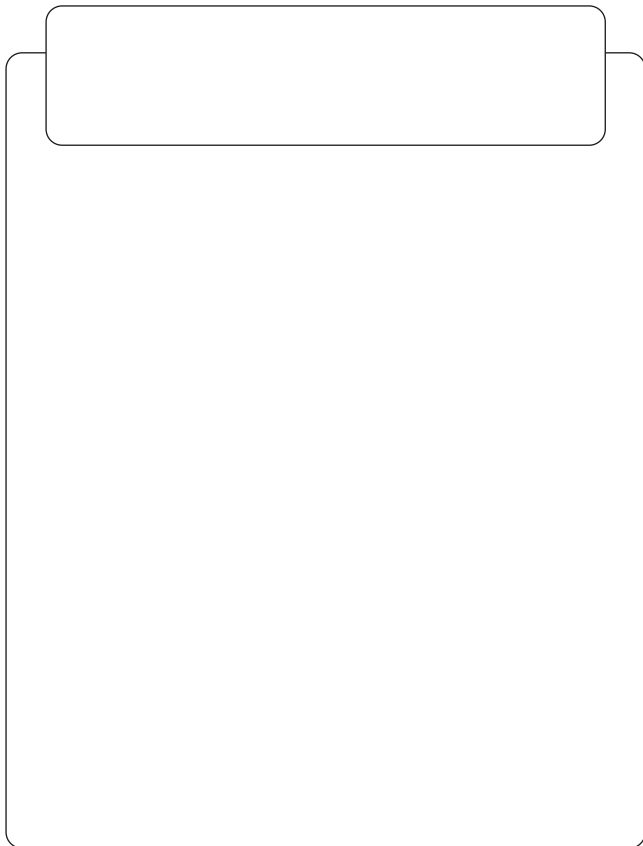
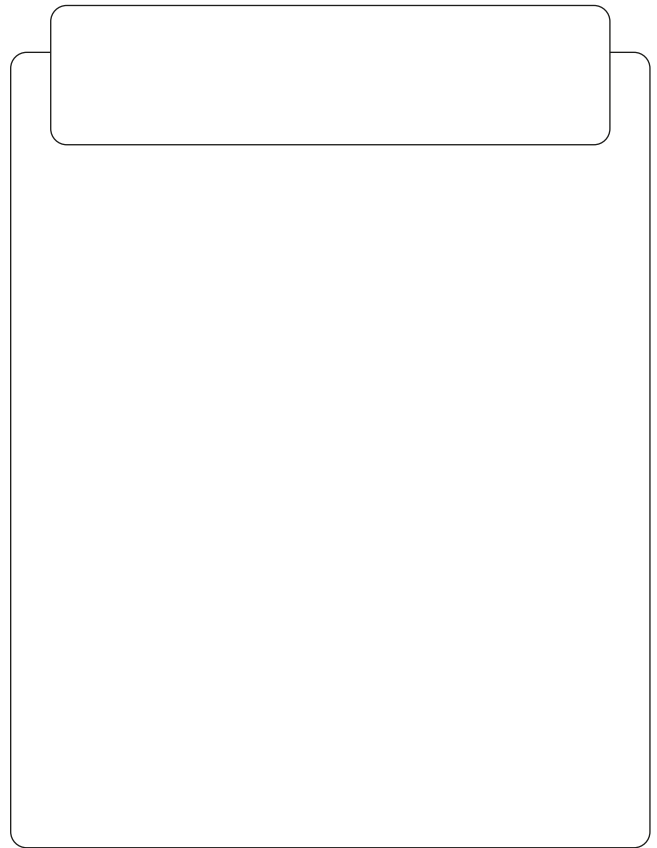
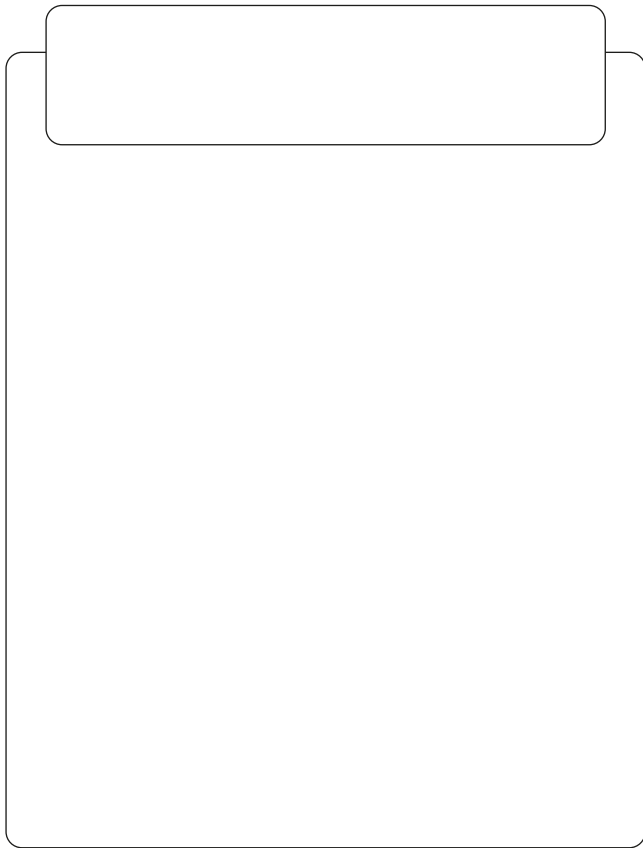
5. Be willing to agree on a compromise.

6. Write down your agreement.

7. Show that you will honor your agreement by signing the contract.

8. Agree on a date two weeks from now to talk about how it is going.

Write the name of one of your siblings in each of the small rectangles, then use the larger boxes to draw or write about a happy memory you share with that sibling.



Write the name of each brother and sister in the rectangles below.

Think of something specific you have done to be a good brother or sister to that sibling. Draw or write about it.

