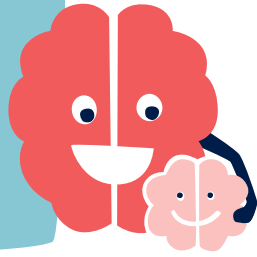


# Together We Win!



This resource guides children through problem-solving, particularly with sibling or friendship challenges, and is useful for enhancing conflict resolution skills. It can be a helpful tool in empowering your child to build their mental fitness and strengthen their emotional adaptability.

When faced with a conflict, use this activity with your child to aid with communicating problems and identifying solutions. Follow these steps:

**1. Describe the Situation:**

Start by asking your child to describe the problem they are facing. Encourage them to explain what happened and how they feel about it.

**2. Identify Solutions:**

Work together to think of different ways to solve the problem. Use the worksheet to explore the different strategies: Ignore, Win-Lose, Lose-Win, Lose-Lose, and Win-Win.

**3. Ask Guiding Questions:**

Help your child think deeper about the situation and possible solutions by asking guiding questions. Some questions you might ask include:

- “Why do you think that’s the best idea?”
- “What do you really need?”
- “What’s important to think about when solving this problem? Who needs what?”
- “What do you care about most in this situation?”
- “What result do you want?”
- “What might the other person be feeling?”
- “Why do you think the other person reacted in that way?”

By using this activity, you can help your child develop valuable skills in conflict resolution, emotional management, and effective communication.



# Together We Win!

“Together we win” means working as a team to fix a problem. Instead of thinking about just what you want, think about what everyone needs and what is fair.

## Ways to Handle A Problem

When there’s a problem, there’s a few ways to handle it:

- **Ignore:** We can decide not to do anything about it.
- **Win-Lose:** We might try to beat the other person and be the winner.
- **Lose-Win:** We could let the other person have their way and we don’t get what we want.
- **Lose-Lose:** We both give up something and neither of us gets exactly what we want.
- **Win-Win:** We work together to find a solution where both of us are happy.

What happened? Describe the problem: \_\_\_\_\_

What are different ways you might solve the problem?

I win, you win!



I lose, you lose!



I win, you lose!



I lose, you win!



Let’s build our mental fitness together

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