

### Fun activities to build connection and teamwork

Build a fort together: Encourage teamwork and creativity.

Create art projects: Work on a mural or large drawing together.

Cook or be team: Assign promote colla

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#### **WAYS TO STOP FIGHTS BEFORE THEY START**



#### 01. **Set Clear Expectations**

Remind your kids of the house rules before play begins.

03.

02. **Plan Activities** Together



Involve your kids in deciding what to play.

> Celebrate Moments of cooperation.



**Praise Team** Work

> 04. Create a Calm

Environment



Ensure your kids are well fed and rested.

> 05. Teach Them to Share Feelings

Encourage "I feel" statement.

Separate kids briefly to cool





down. **07.**i

Ask, "How can we Encourage solve this Problem Solving together?"

Dont assign roles 08

Play cooperat board games

Family game n

ardening togethe Grow plants and re responsibilitie

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#### 03. Praise Team Work

Celebrate Moments of cooperation.

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04. Create a Calm Environment





#### 05. Teach Them to Share Feelings

Encourage "I feel" statement.

Separate kids briefly to cool down. 06. Take Breaks When Needed





#### 07. Encourage Problem Solving

Ask, "How can we solve this together?"

Dont assign roles like "troublemaker" or "Instigator"

08. Avoid Labels





#### 09. Use Positive Reinforcement

Reward good behaviors consistently.

Show how to solve conflicts calmly.

10.
Model Healthy
Communication



1."WHY DID YOU DO THAT?"

Instead of accusing, start with curiosity.

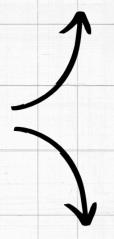
2. "I DIDN'T LIKE
THAT. CAN WE TRY
SOMETHING ELSE?"
Encourage direct
communication

3. "THAT HURT MY FEELINGS"

Teach kids to express emotions



SCRIPTS TO HELP SIBLINGS
RESOLVE CONFLICTS



4. "CAN WE WORK TOGETHER TO FIX THIS?"

Foster collaborations

5. "NEXT TIME, CAN
YOU ASK BEFORE
TAKING
Encourage
boundary setting

6. "LET'S MAKE A
PLAN SO WE BOTH
GET A TURN

Promote fairness

@thementordad

# Fun activities to build connection and teamwork



Build a fort together: Encourage teamwork and creativity.

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Cook or bake as a team: Assign roles to promote collaboration.

Create art projects:

Work on a mural or

large drawing together.

(3)

Plan a treasure hunt: One hides, the other searches.

Family game night:

Play cooperative

board games.

Gardening together:

Grow plants and

share responsibilities.

**@thementordad**