

Friendships

I Can Control

The boundaries I set

The choices I make

Who I choose to be friends with

How I react when I don't agree

The way I treat my friends



I Can't Control

How my friends feel

Whether or not others apologise

The choices my friends make

Whether my friends like me or not

What my friends like and don't like

Terms of use

The word of mouth is our biggest reward, so please feel free to send this printable to friends, teachers, parents, colleagues, and anyone else who might benefit from this.

Feel free to print copies and distribute them during events, in your classroom, at school auctions, school newsletters, or other meetings.

Selling Big Life Journal resources is not permitted. Please do not embed or link to this resource on your or someone else's site (you can share on social media). Please do not recreate or copy our work. Thank you!

If you're interested in using these resources in your professional practice (as a therapist, coach, etc.) please reach out to support@biglifejournal.com to obtain a professional licence.

Please email hello@biglifejournal.com to request a specific use for our printables.

With gratitude,
Big Life Journal team

All rights reserved.
BigLifeJournal.com

Big Life Journal

Sibling Kit

Ages 5-12

Siblings will discover new strategies to peacefully resolve conflict together by reviewing topics of fairness, boundaries, competition, emotional recognition and more.

"I love the bright graphics and the ease of use for the printables. As a mum of three girls and a Clinical Psychologist I can highly recommend using these to educate about growth mindset, mindfulness activities and optimism."

- Kate F.



[See what's inside >>](#)

[Shop Our Store](#)