

Solving Problems With Friends

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What this builds (transformative SEL): Collaborative problem-solving (“We solve it together”).

This story teaches young children to solve conflicts with the **F.A.I.R.** steps: **F**eelings, **A**lternatives, **I**dentify, **R**esolve. Skills like naming feelings, calming down, and seeing another's view help kids handle disagreements with less adult help.

Try at home

- Make a cozy **peace corner** with soft pillows for calming down.
- Use **family talking circles** so everyone can share feelings safely.
- Use the **F.A.I.R.** steps when siblings disagree.
- Practice “**dragon breaths**” together: breathe in slow, then out even slower, no holding.

Different ways kids learn

Children learn in different ways: by seeing, moving, talking, and using technology. Reading this story aloud, acting it out, and drawing the steps all help it stick.

This is a practice tool for building skills, not therapy, counseling, or a clinical service.



For grown-ups: a companion practice for the adults in this child's corner: [The Peacemaker's Turn](#).

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