

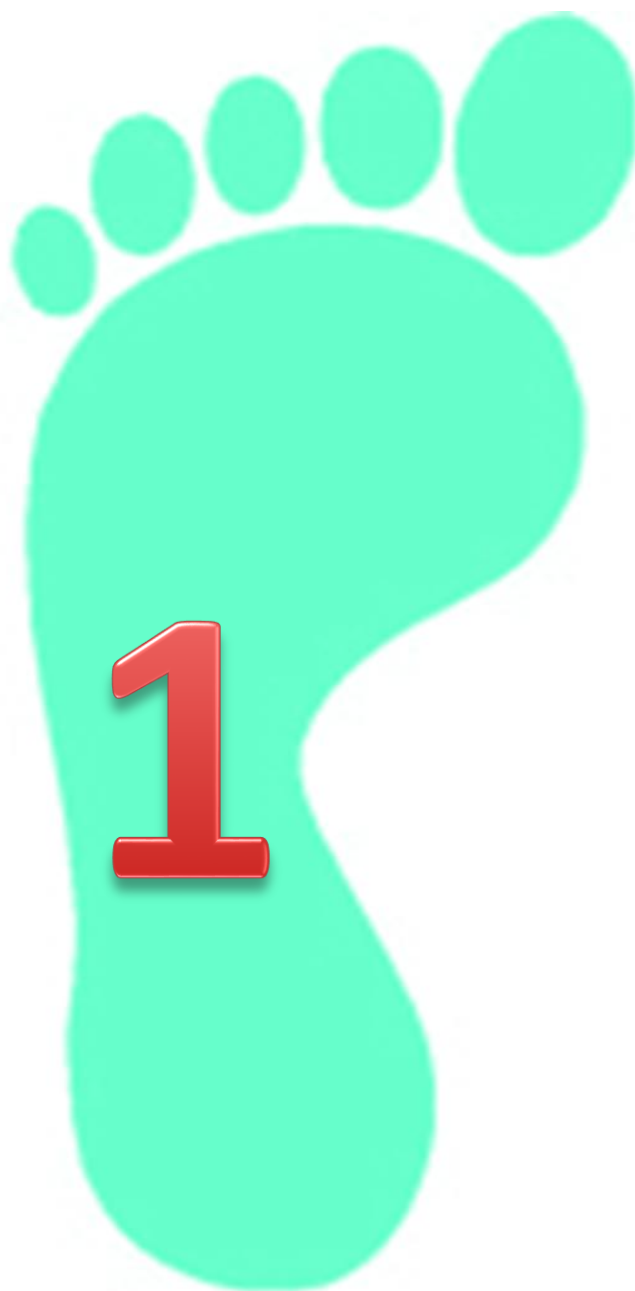
# How good are you at solving problems?



# Our Friendship Code



## 5 Steps to Friendship



# Check.....



# CHECK!

If something is done to you that upsets you,  
check first if it is an accident,  
a mistake or a lie.

If you are feeling in a bad or angry mood, let your  
anger out in a safe way

Don't judge or react too quickly...**use a strategy.**



& **T.H.I.N.K.**

Before you **act**, take a... *Deep*  
*Breath*

Sometimes the most important thing  
in a whole day is the rest  
we take Between Two Deep Breaths.

Before you speak:

**THINK**

**T** = Is it True?

**H** = Is it Helpful?

**I** = Is it Inspiring?

**N** = Is it Necessary?

**K** = Is it Kind?

Check where you are on the Feelings Spectrum **before** you take a deep breath?

Check where you are on the Feelings Spectrum **after** you take a deep breath?



Are you **calm enough** to ignore the incident?  
Are you **calm enough** to follow good advice?

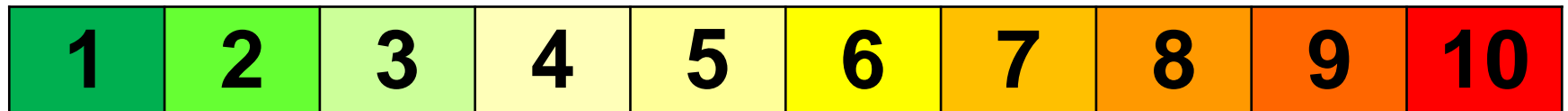




# We are a Telling School...

Try using the “time to talk”  
strategy.

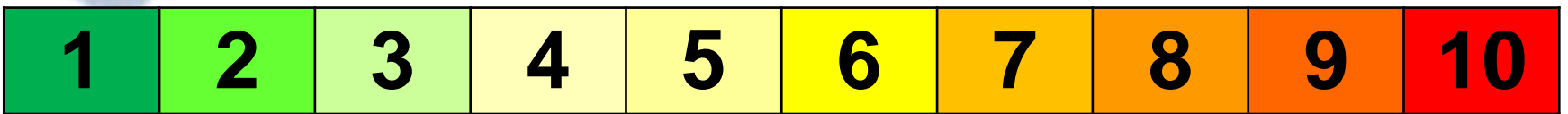
Let the other child or children  
know how you are feeling.





**This is  
upsetting me,  
please stop.**

**This feels like  
bullying to me,  
please stop.**



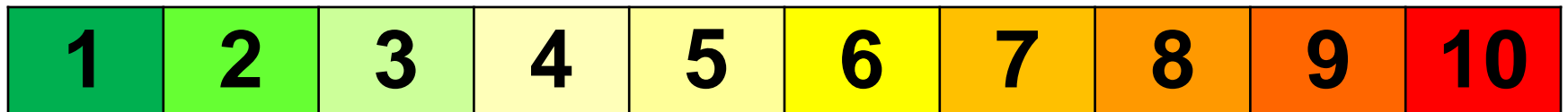
# Say S.T.O.P.

Several Times On Purpose

Start Telling Other People



If the unkind, unfair or bullying behaviour continues, check how you are feeling.



You might want to use the **S.T.O.P strategy** again but this time you can say that you will be asking for help if it continues.

Or you can use another strategy.....**????**

Try not to make the problem worse by getting too involved or involving others.

Try a new face or a new place

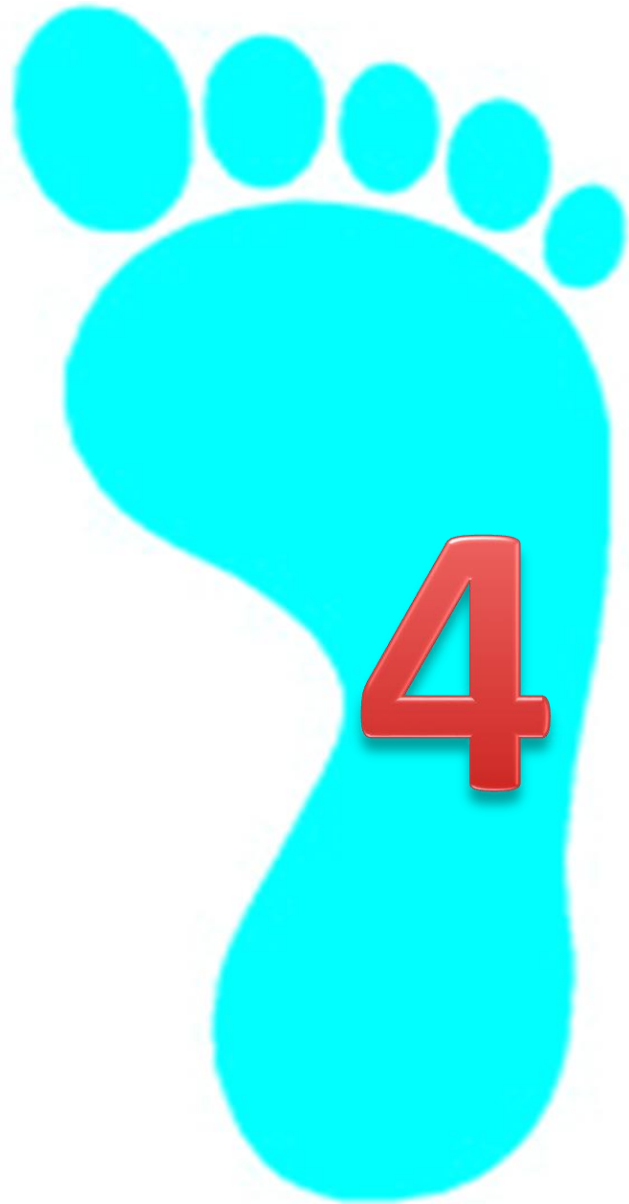


If you find it hard to move or change, choose a **class worry friend** and share your problem with them. They can help you to decide what to do next.



Or talk to a **House Captain** or a **Sports Leader** or a **Play Leader** and ask for their help or advice.

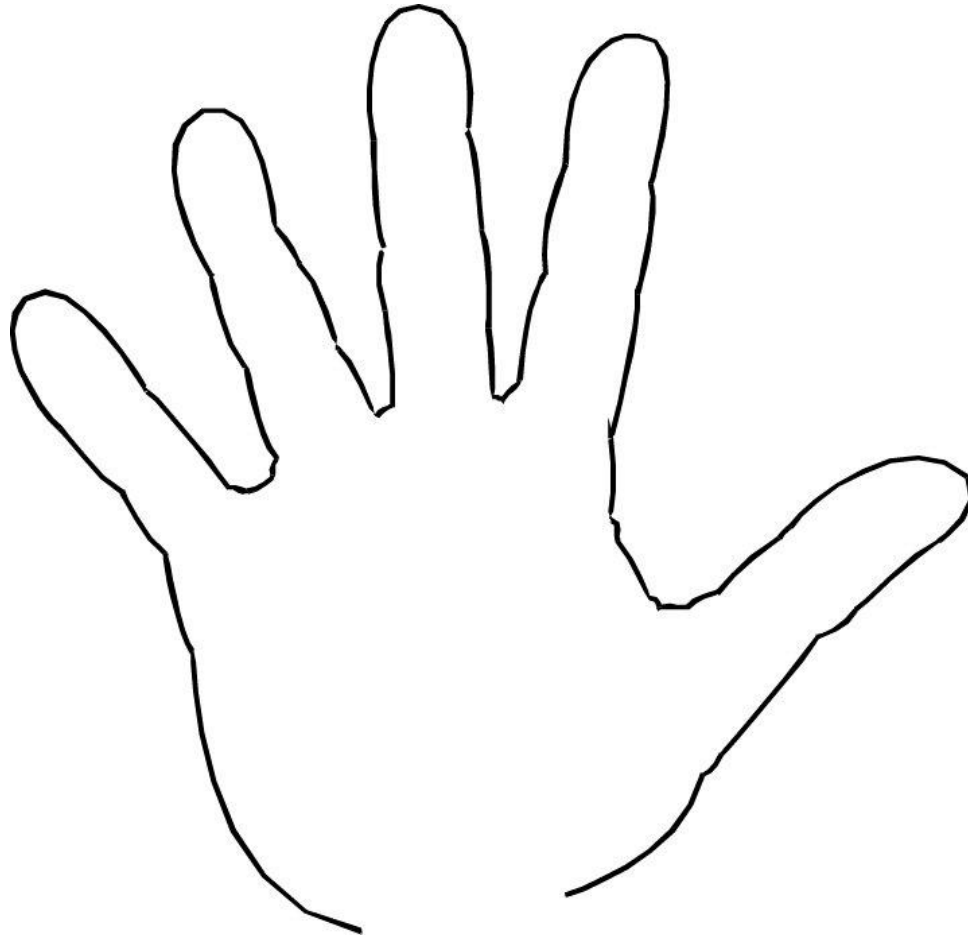




If the problem keeps happening or is a big problem, then use your

## **Hand of Friendship**

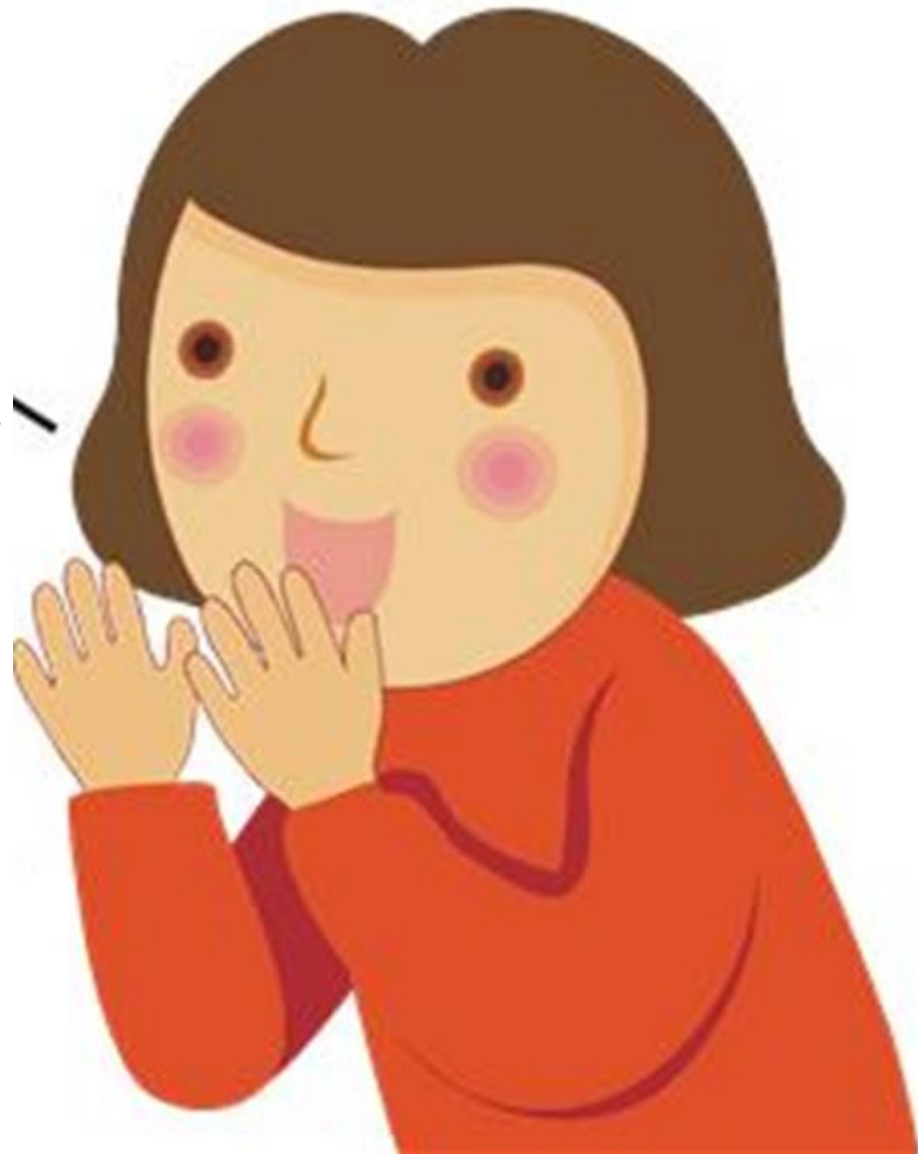
Who are your trusted adults in school?



# How can you ask a lunchtime supervisor for help?



Can I talk  
to you about  
something that is  
making me  
sad?



# Ways To Ask For Help

Could you please help me out with.....?

Would you mind showing me .....?

Is there any chance that you have time to ...?

Would you please explain to me .....?

Can you do me a favor please?

Please help me with ..... .

Is it possible for you to ..... ?



Let the LSAs know how you are feeling.  
They can help calm your feelings and  
give you good advice.



**Keep talking to the same LSA** if  
the problem continues. Let them  
know if the problem stops.

They may want to share the problem  
with your teacher.



If the problem continues or it is a  
big worry for you ....



.....then try a “bigger strategy”





Go and speak to **your teacher**  
**or Mrs Giblett** about your problem.  
Bring a Play Buddy,  
a worry friend or any friend  
to help you if you feel worried.



**REMEMBER TO PICK A GOOD  
TIME TO ASK FOR HELP.**

**What must you always do before  
you go home?**

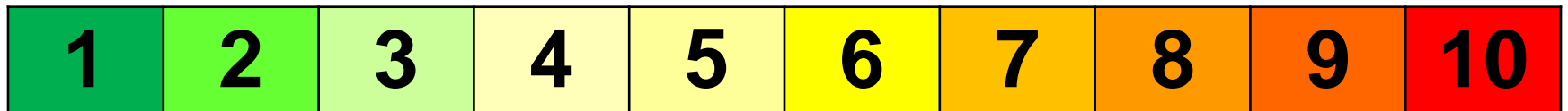
**S.H.A.R.E.**



# Don't go to bed on a problem!

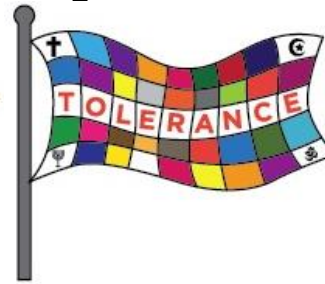
Make sure that you share your worry with someone before you go home.

Problems can seem much bigger in the night. You can feel a lot worse.



It is easy to solve a problem when it happens. Don't leave it too late or too long to tell.

# Our Friendship Code



## Our 5 Steps to Friendship



**T.H.I.N.K**  
&  
*Deep  
Breath*



**Use your  
Hand of  
Friendship**



1

2

3

4

5

6

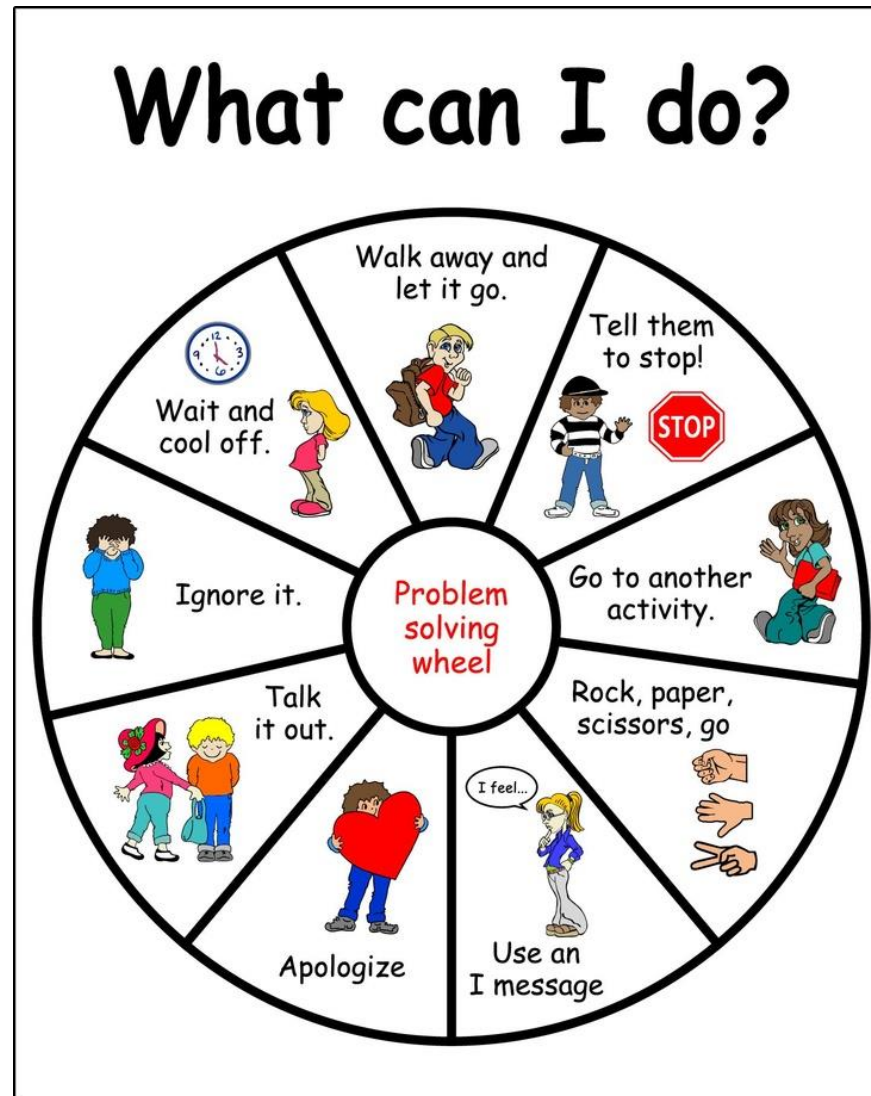
7

8

9

10

# Am I a problem maker or a problem breaker?





## Archbishop Benson School Prayer

O Jesus  
Friend of the friendless  
Helper of the poor  
Healer of the sick  
Whose life was spent in doing good  
Help us to follow in your footsteps  
Make us strong to do right  
Gentle with the weak  
And kind to all who are in sorrow  
That we may be like You  
Our Lord and Master  
**Amen**

