



FRIENDSHIP TREASURE MAP

1 THINK

Before we do or say anything in life we need to think. In any situation, take a breath and think about how you are feeling about what has happened. If you have had a really bad day, go home and have a good sleep before using your **treasure map**. If you wake up the next day and still feel those **pirate feelings** then you know you need to go to the next step in the **treasure map**.

2 DON'T MAKE THINGS WORSE

Lots of people make a situation worse by calling another person names, bringing other people into the situation, using a fighting voice and fighting body language. Before sorting out any **pirate feelings** you need to make sure that you are not going to do anything that will make the situation worse.

3 SPEAK

Using your friendly body language, friendly face and tone of voice, you ask the other person if it is okay to speak to them privately. You then tell them what has hurt your feelings. Always remember to choose your words carefully because words can help or hurt any situation.

4 LISTEN

We all have two ears and one mouth, so we should be doing more listening than talking everyday. Once you have explained to the other person how they have hurt your feelings you need to listen to what they have to say.

5 BRAINSTORM

Once you both have listened and understood each other you need to brainstorm different ideas about how this problem can be fixed so that both people are happy. You also want to fix the problem so that it doesn't hurt your friendship again.

6 FORGIVE AND FORGET

Your friendship will never be precious as gold if you continue to talk about every little thing that made you mad. Once you have used the treasure map to sort your friendship out you then need to forgive your friend and forget about what happened.

