

Name: _____

Date: _____



BEING THE BIGGER PERSON

Being the bigger person means ignoring other's behavior when they make us upset. It's helpful to be the bigger person because we stay out of trouble and end up feeling better if we stay calm.

Read each situation and write how you would respond as the bigger person. Think about strategies to stay calm.

Your little sister borrows your sweater without asking.

Your friend makes a joke about you at lunch and you want to get him back.

A classmate you wanted to work with chose another partner which hurt your feelings.

Your friend had two tickets to a concert and didn't invite you. Now you don't want to invite them anywhere.

Your best friend made the basketball team and you didn't. You don't want to see them now.
