

# Be Kind!



When people aren't kind, it creates **CONFLICT**.

Here are the types of conflict:

(Adapted from Signe Whitson, author, child and adolescent therapist; and The Responsive Counselor)

**Disagreement** is when people have different feelings about something

(During a game, you think I'm out, and I think I'm not).

**Rude** is saying or doing something that hurts someone else's body or feelings - **ON ACCIDENT**

(Someone cuts in front of you just to be near the front)

**Mean** is saying or doing something that hurts someone else's body or feelings - **ON PURPOSE** (Calling you a name)

**Bullying** is aggressive behavior that is done on purpose and repeated, with an imbalance of power.