

# Getting Along with Siblings Worksheet

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender:      Male      Female      Other: \_\_\_\_\_ Date: \_\_\_\_\_

## Instructions

Using the worksheet, reflect on positive memories with your siblings, explore differences, and identify ways to improve communication and strengthen your bond through acts of kindness and quality time together. Take your time to thoughtfully complete each section, considering how these activities can enhance your relationship with your siblings.

**1. Take a moment to think about a positive memory you have with your sibling(s). Write down what made it special and how it made you feel.**

**2. Write the names and ages of your sibling(s) below. Then, list three things that are different between you and each of your sibling(s). Think about how these differences can be strengths and how they contribute to your relationship.**

**3. Choose a recent disagreement or argument with your sibling(s). Write down how you felt during the disagreement and what you think could have been said or done differently to resolve it peacefully.**

**4. Think of three small acts of kindness you can do for your sibling(s) this week. Write them down and commit to doing at least one each day.**

**5. Plan a fun activity or outing that you can do with your sibling(s) this weekend. Write down what you'll do and why you think it will strengthen your bond.**