



**Making A  
commitment**

THINK ABOUT ALL THE DISCOVERIES YOU MADE THIS WEEK,

1. WHAT DID YOU LEARN ABOUT YOUR MUMMY, DADDY OR SIBLING?  
WHAT DO THEY LOVE? WHAT DO THEY THINK ABOUT?
2. WHAT DID YOUR FAMILY LEARN ABOUT YOU?

Write/Draw  
your discoveries!

WHAT \_\_\_\_\_ CARES ABOUT & LOVES:

WHAT \_\_\_\_\_ CARES ABOUT & LOVES:

WHAT \_\_\_\_\_ CARES ABOUT & LOVES:

WHAT \_\_\_\_\_ CARES ABOUT & LOVES:



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**What will we do to repair conflict?**

**NOT ALL DISAGREEMENTS CAN ALWAYS BE RESOLVED, BUT WE'RE STILL FAMILY. WHAT CAN WE DO TO HAVE DISAGREEMENTS THAT END WELL?**

**AS A FAMILY, DISCUSS AND COME UP WITH SPECIFIC ACTIONS TO DISAGREE WELL.**

**EXAMPLES:**

- 1. IF WE ARE FRUSTRATED WITH EACH OTHER, WE STILL END THE DAY WITH A HUG OR KISS.**
- 2. START EVERY MORNING WITH A FAMILY HUG.**
- 3. END BY THANKING EVERYONE FOR SHARING.**

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