

# I FEEL SAD WHEN

**WE DISCOVERED WHAT MAKES ME SAD  
ALSO MAKES MY CLASSMATES SAD.....  
SO HOW COULD I CHOOSE TO DO  
SOMETHING THAT HURTS ?????**

**I FEEL SAD WHEN MY FRIENDS  
FIGHT WITH ME. We should try to  
solve our problems by talking.**

**I FEEL HURT WHEN  
SOMEONES USES SLANGS &  
BAD WORDS.**

**I FEEL HURT WHEN MY  
FRIENDS DO NOT BELIEVE IN  
ME AND FIGHT.**

**I FEEL SAD WHEN CHILDREN  
IN MY CLASS HIT ME BADLY ,  
IT HURTS ...**

**I FEEL SAD WHEN SOME  
CHILDREN MAKE FUN OF MY  
NAME AND ALSO OF ELDERS'.**

**I FEEL HURT WHEN SOMEONES  
TALKS BAD THINGS ABOUT ME  
THAT ARE ALL LIES.**

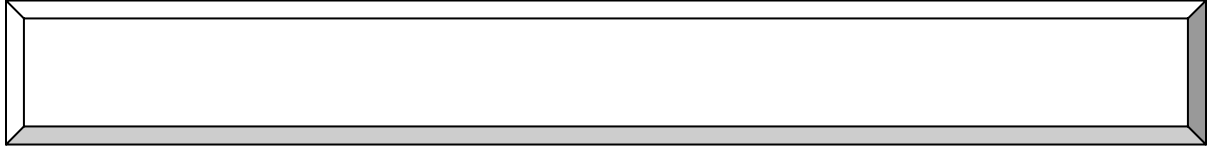
**I FEEL HURT WHEN  
SOMEBODY IS VERY  
CARELESS...**

**I FEEL SAD WHEN SOME ONE  
STEALS SOMEONES  
STATIONERY.**

**I FEEL SAD WHEN I GET A  
SCOLDING OR WHEN I MISS  
MY GRADES.**

**I FEEL SAD WHEN I GET POOR  
MARKS AND THEN OTHERS  
MAKE FUN OF IT.**

# I REALIZED & I PROMISE ...



## GOLDEN WORDS TO RESOLVE FIGHTS !

I agree...

I understand

It is fine but I also ...

First you...

Excuse me please, I will try to give chance to my opponent to express his or her feelings.

I like it but I think my choice is better for me

I appreciate that...

Everyone is different but we have common qualities. No one is equal but every body has talents.

When we complain to the teacher & someone is scolded it feels bad. We should not do this, it hurts.

Today I have learned not to disagree with others , encourage others about their qualities and never try to be over-smart.

This activity has changed me and my thoughts too.....

# Promises WE made

**I pledge to  
Reduce complaining,  
Not to argue or fight  
Agree with others**

**I promise to be  
friendly and share  
my thoughts with  
others by talking.**

**We should never feel different  
from others and should never  
make others feel small if they  
are different.**

**From these discussions I learned  
that we can reduce complaining by  
just appreciating others, not  
showing off and not being jealous.**

**I learned that it is  
good to be slow  
and steady and  
also to be fast and  
reliable.....**

**I have learned  
that someone  
does not have to  
lose for me to  
win....**

**If we listen to others suggestions we would  
understand. He would also understand our  
suggestions.**