Sibling Conflict Plan

Use this worksheet to come up with a plan for the next time your sibling bothers you, bullies you, or tries to make you upset. Having a plan of action can help you be prepared to respond to their behavior in a positive way!

If _____ starts to _____.

Sibling Name

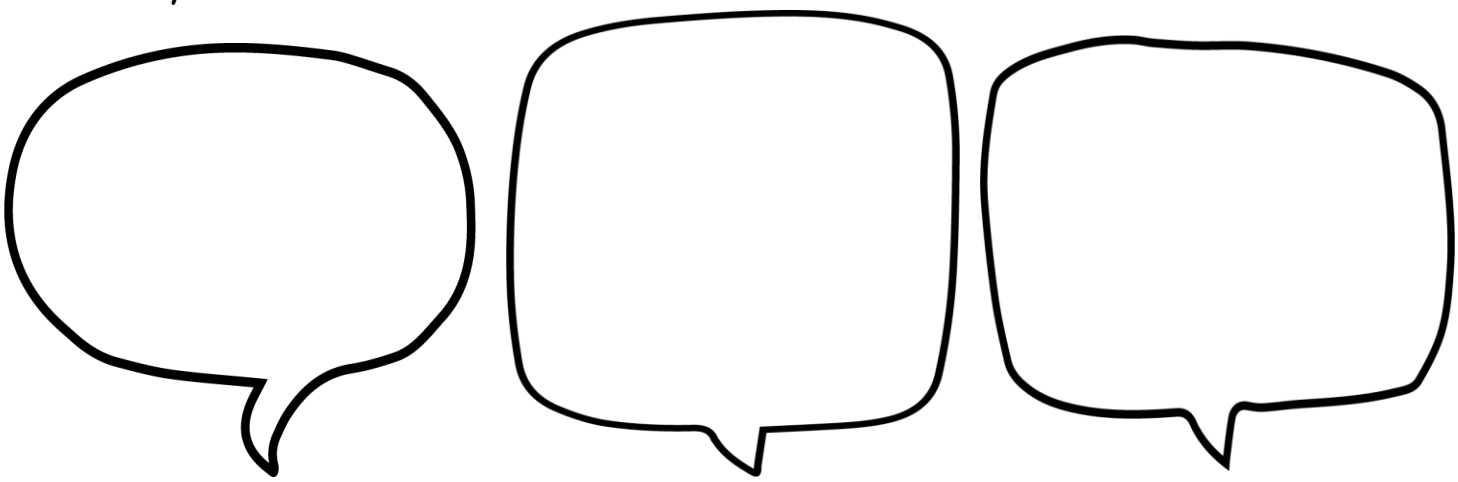
Sibling Behaviors

Things I can do...

I can _____ _____ _____ .

Things I can say...

I can say...



Places I can go...

I can go _____ _____ _____ .

Adults I can talk to...

I can talk to _____ _____ .

I need to remember not to _____

because _____ .

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