

Hang Up Your Gloves

Activity

What is a fight? Some fights are with fists and feet, but other fights are with words. What can you do to stay out of fights and hang up your gloves when you are angry or when someone else is angry at you?

Write down your ideas on a copy of the boxing gloves and display your list.

Some ideas are:

- Stop everything for a minute
- Tell others how you feel
- Ask someone to help you
- Change things peacefully
- Imagine how the other person feels
- Say nice things to the other person
- Suggest you play together
- Tell the other person what you are worried about
- Use gentle humor to lighten the mood

