

A personalised visual story for

Processing an Argument

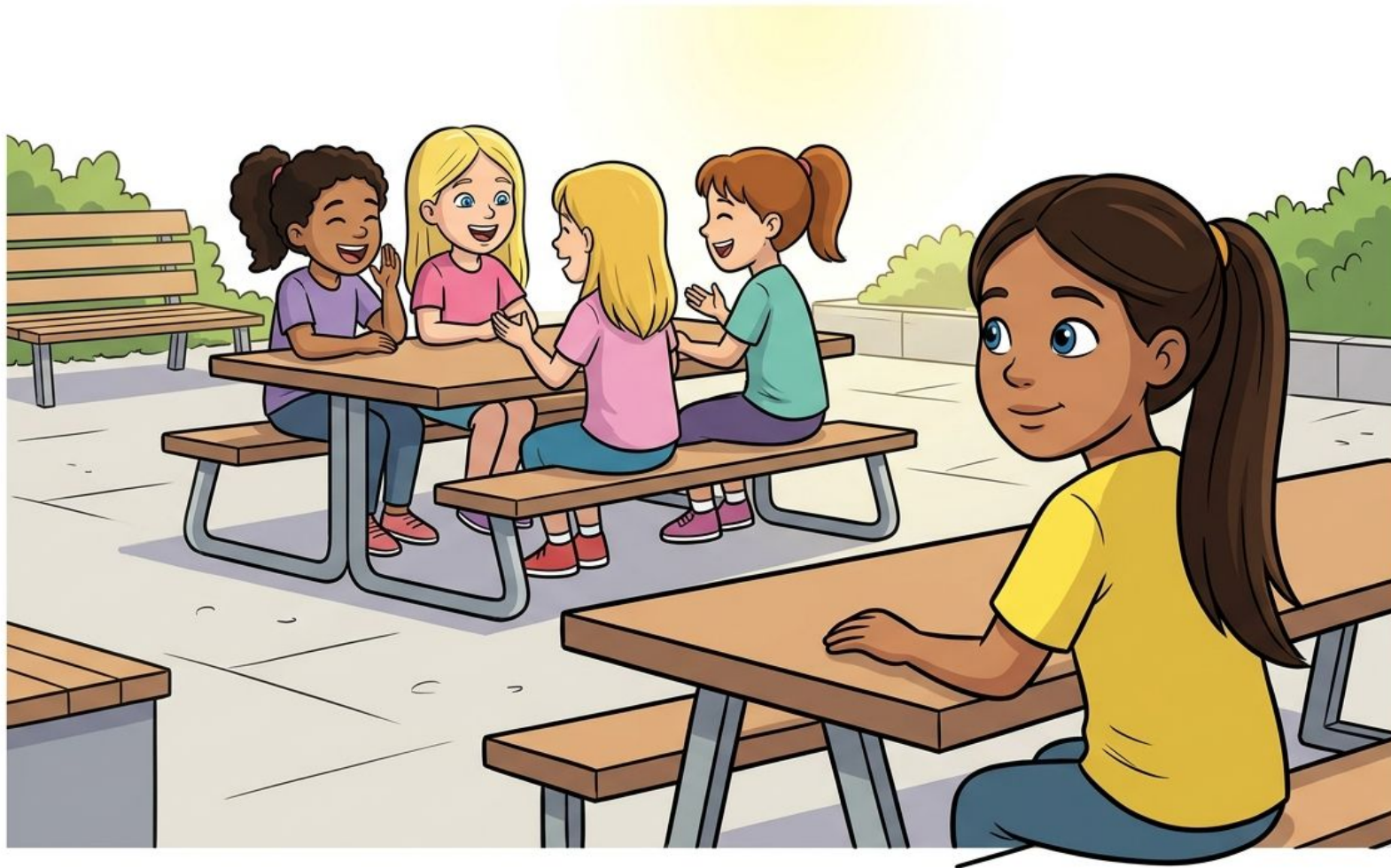
Gentle stories to prepare for the big or tricky moments

Scene 1 of 8



Rubie and I had an argument during lunch on Wednesday.

Scene 2 of 8



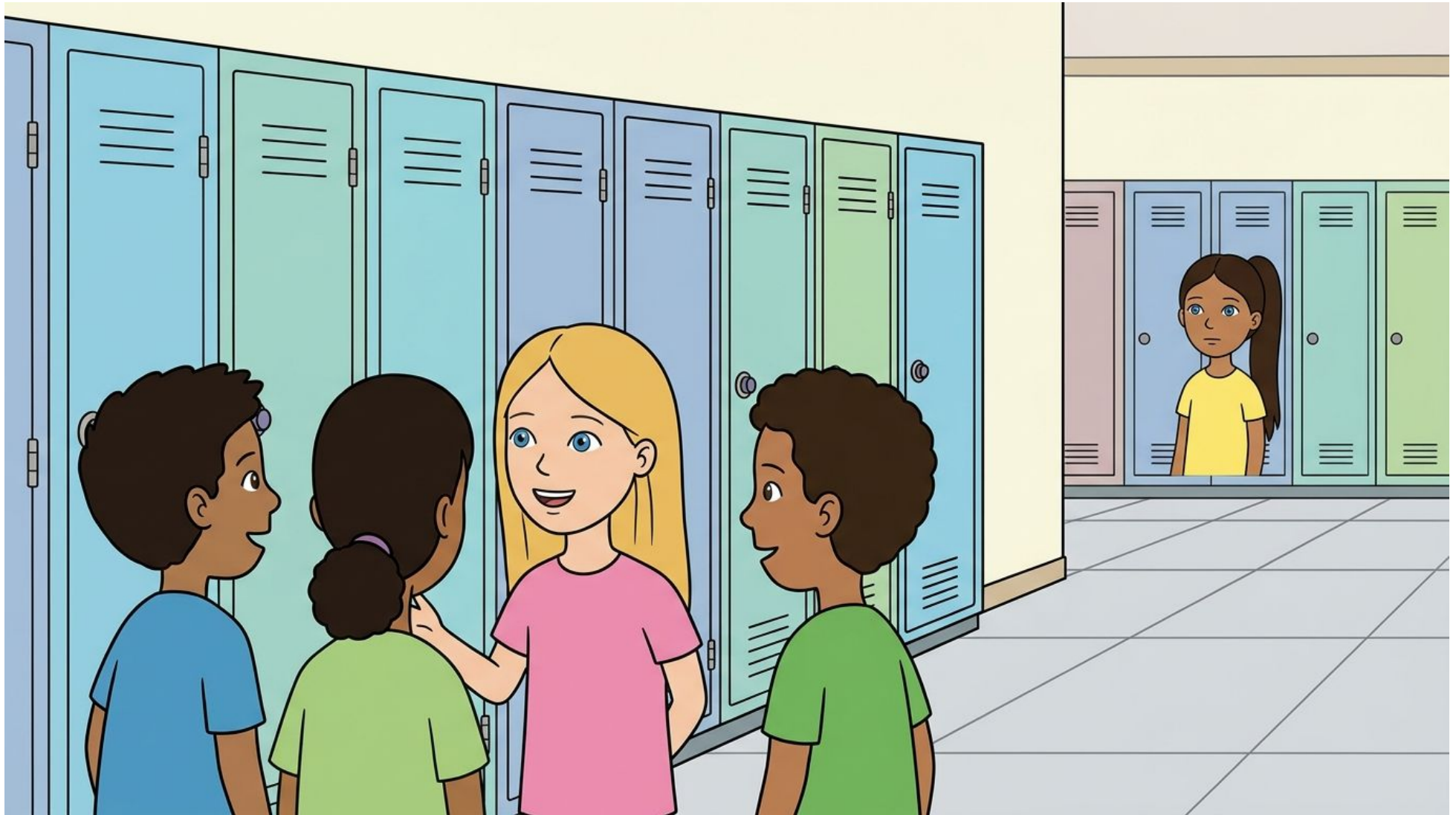
Since then, Rubie has been sitting with a different group of girls.

Scene 3 of 8



Many people feel nervous about being ignored after a disagreement, and that is okay.

Scene 4 of 8



Friends might spend time with other people while they process their feelings.



I am in charge of my own words, but not in charge of Rubie.

Scene 6 of 8



I might wait until I feel ready before I try talking to Rubie again.

Scene 7 of 8



I can choose to ask Rubie if she is ready to talk or play.



Talking to a trusted adult is one way to share how I feel.