



Sibling Manifesto for Team _____ (Team Name Here)

In a few family meetings, work together with them to design the relationship they want and then share what they wrote. (On the multiple-choice questions, you can select more than one answer).

- 1) If you could have your sibling(s) be on a team with you, what would they be doing to show that you that they are on the same team with you?
- 2) If you and your siblings create a team that is always watching out for each other, what would your team name be? (Hint: Make the name be something you and your siblings all really like)
- 3) On your team, when would it be okay to tell on each other?
 - a. Only if we have already spoken to our sibling and asked for what we needed but our sibling didn't listen.
 - b. Only if something UNSAFE is happening, someone is getting hurt/could get hurt, or we are worried that something unsafe is about to happen.
 - c. To get help from a grown-up in communicating with our sibling, not to have our parents punish our sibling.
 - d. We want to be able to tattletale on each other whenever we like and get each other in trouble often.

Including each other:

- 4) When one of us has a friend over, we:
 - a. We always will include each other in the play no matter what.
 - b. We will only include each other if our sibling asks *and* we want them to play with us.
 - c. We will let each other play for a short period of time (30 min) with the play date guest and then we will ask our parent to give us some alone time without our sibling.
 - d. We always want to have our play dates all to ourselves, without our sibling.



- 4) When we are mad with each other, we want to:
- Try to talk to each other or write our feelings down in a note to each other.
 - Agree to separate until we are cooled off and then try to handle it by ourselves using a feelings telegram or a clean-up telegram.
 - Get a parent to listen to our mad feelings and then have the parent help us to make a request or clean up our mess with each other.
 - Be able to take a break from each other and have a re-do when we both feel ready.
 - Have a family meeting each week so we can talk about breakdowns from the week and do a do-over.

Sharing our stuff

- 5) I want to share my stuff:
- Some of the time, but I would like my sibling to ask to use the stuff in my room first before borrowing something.
 - All the time but I would like my sibling to ask to use the stuff in my room first and/or ask me before taking anything out of my room.
 - Anytime unless my sibling is breaks or destroys something of mine.
 - There are a few things I absolutely don't want to share ever/want to be asked before anybody uses them. They are_____.
- 6) Have you ever done something to try and get your sibling in trouble? Yes/No (Circle one)
- 7) Do you want to be on the kind of team that protects each other from getting in trouble? Yes/No (Circle one)



- 8) If your parents get involved in an argument you are having with your sibling, would you rather that they:
- Yell at both of us and decide who is right and who is wrong and then punish the person they think is wrong.
 - Not yell at all but help us start again and talk to each other in a gentler way or write a note to each other.
 - Help us take a break from each other if you are really screaming and help us have a do-over in a little while when everyone is feeling a bit calmer.
 - Leave us alone and just let us fight even if one of us is crying/upset.
- 9) If you were here to be protectors of each other from a world that will sometimes seem harsh, and you actually see protecting each other as your job, what would you be doing?
- 10) When you see/hear someone treat your sibling unkindly, do you want to stand up for your teammate? Do you want them to stand up for you?
- 11) Where would you like to try to stand up for each other:
- at school
 - at home
 - even when I am away from them. I always want us to protect each other from other people's meanness or from punishment.
- 12) Do you want to team up to help each other get the good stuff in life and help each other WIN or just try to keep each other feeling mad and sad? You may need your siblings' help some day soon. Do you want them to come to your rescue or help you out of trouble as a part of your team plan or would you like them to let you be all alone in tough moments?



13) What do you admire about your sibling?

14) What would you like to do if you feel you are not getting the love you need from your parent and you are worried that your sibling is getting more than you?

- a. Yell, "That's not fair! My sibling gets all the love and I get NONE!" and then stomp away.
- b. Tell a parent that your battery is a bit empty and could use some extra love.
- c. Try to keep your parent away from your siblings by squeezing between them or hitting one of them.
- d. Ask if you can have some alone time with a parent too.

15) Your sibling knows some things about you that you may not want the world or anyone to know- like what scares you, what your challenges are, or mistakes you've made. Is there anything you worry about them sharing with others in the world?