

Forest Family Friendships

Siblings can be as different and unique as animals of the forest. But they can still get along and build close bonds. Just like different forest critters who choose to live and work together like a family. Pick a Critter Crown you'd like to wear to represent the sibling you would be your Forest Family. As you are colouring your crown or wearing it, think about what traits of yours are similar to the Fox or Bear or Owl. Each of them has their own strengths and goals. Talk with your sibling or friend about why it's cool to be so different and yet also close and there for each other.

How to Make:

1.



Cut out the faces and bands for the Fox, Owl, and Bear.



2.



Tape 2 bands together and attach one side to the back of the chosen animal face.

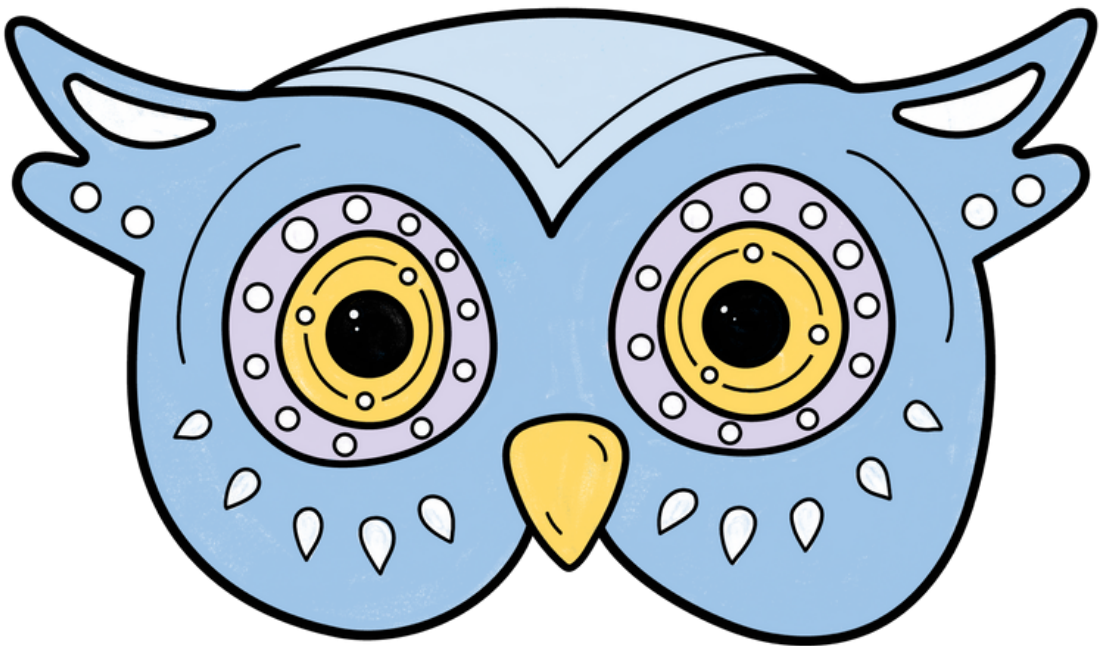
3.

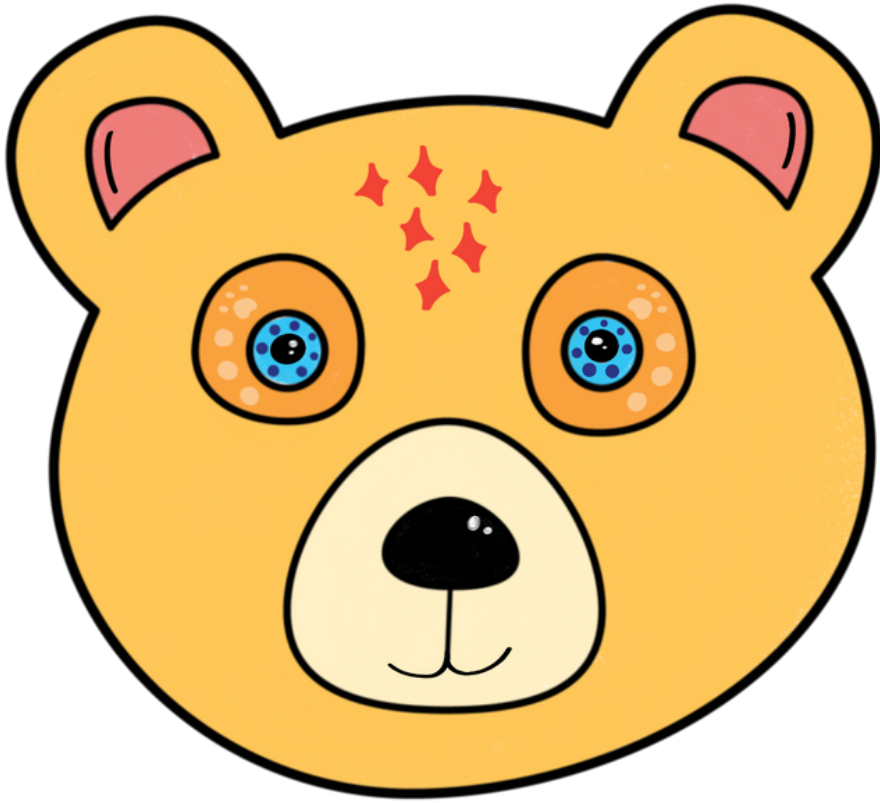


Wrap the band around your child's head, making sure the crown is neither too tight nor too loose, then secure the band in back with tape.

Set print settings to print 100%.

Print black and white to colour in, or print full colour to use as is!







Left side of fox band

Left side of fox band

Tape Here

Right side of fox band

Tape Here

Left side of owl band

Left side of owl band

Tape Here

Right side of owl band

Tape Here



Left side of bear band

Tape Here

Right side of bear band

Tape Here

This block contains the left and right sides of a bear band template. The left side features a large blue paw print at the top, followed by a yellow star, a red circle, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, an orange paw print, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, an orange paw print, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, and a blue circle at the bottom. The right side features a large blue paw print at the top, followed by a yellow star, a red circle, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, an orange paw print, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, an orange paw print, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, and a blue circle at the bottom. A vertical line separates the two sides, and a horizontal line is at the top and bottom with the text 'Tape Here'.

Left side of band

Tape Here

Left side of band

Tape Here

This block contains the left side of a band template. It features a large blue paw print at the top, followed by a yellow star, a red circle, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, an orange paw print, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, an orange paw print, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, and a blue circle at the bottom. A horizontal line is at the top with the text 'Tape Here' and another horizontal line is at the bottom with the text 'Tape Here'.

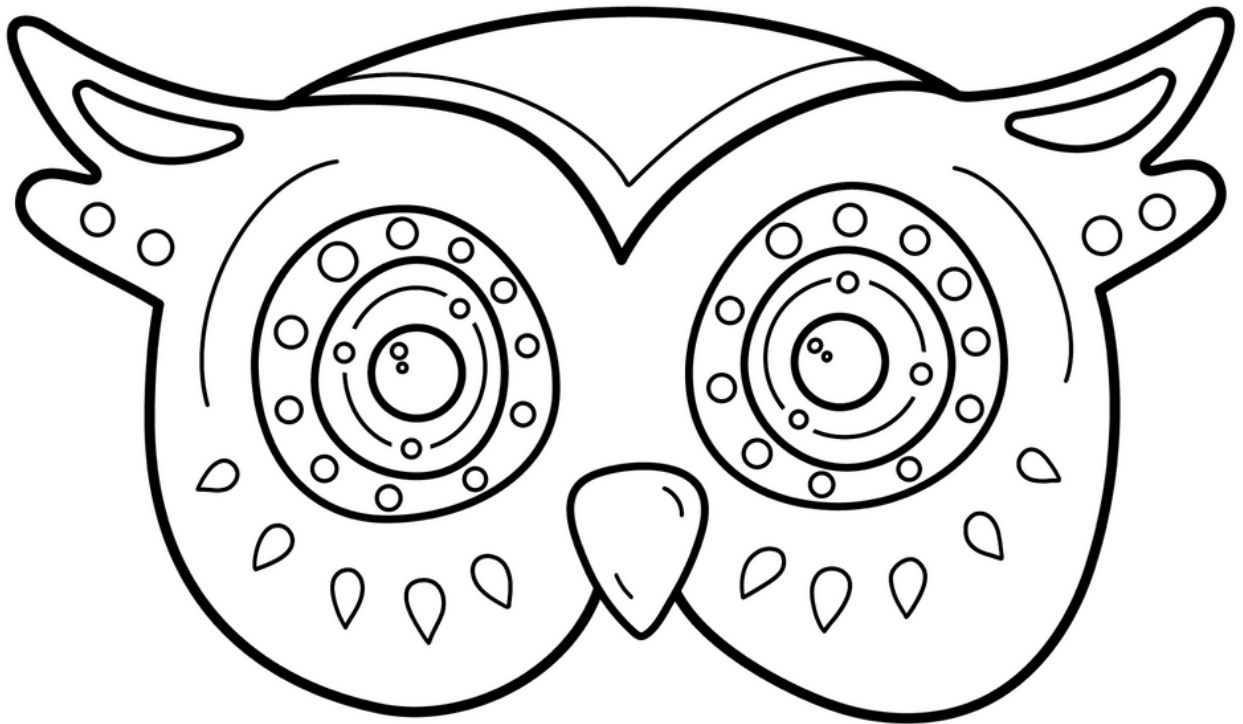
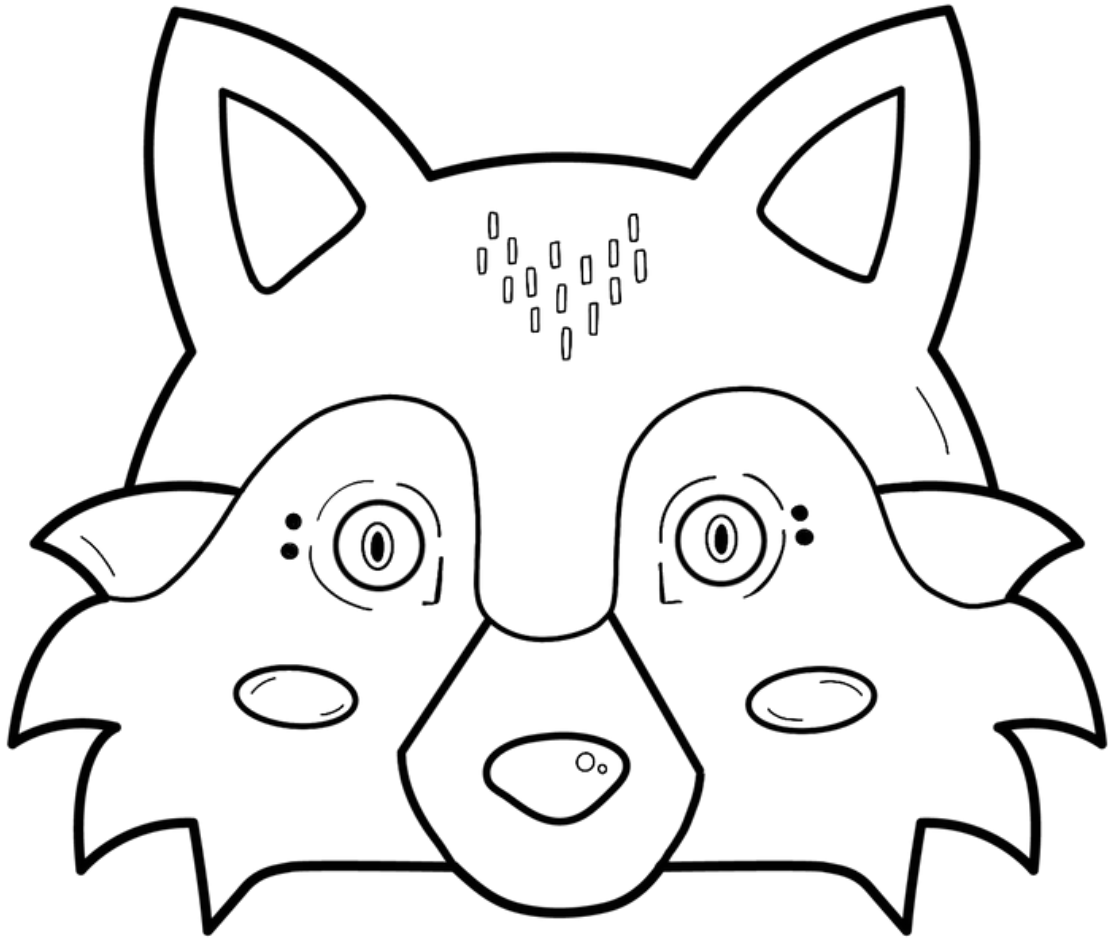
Right side of band

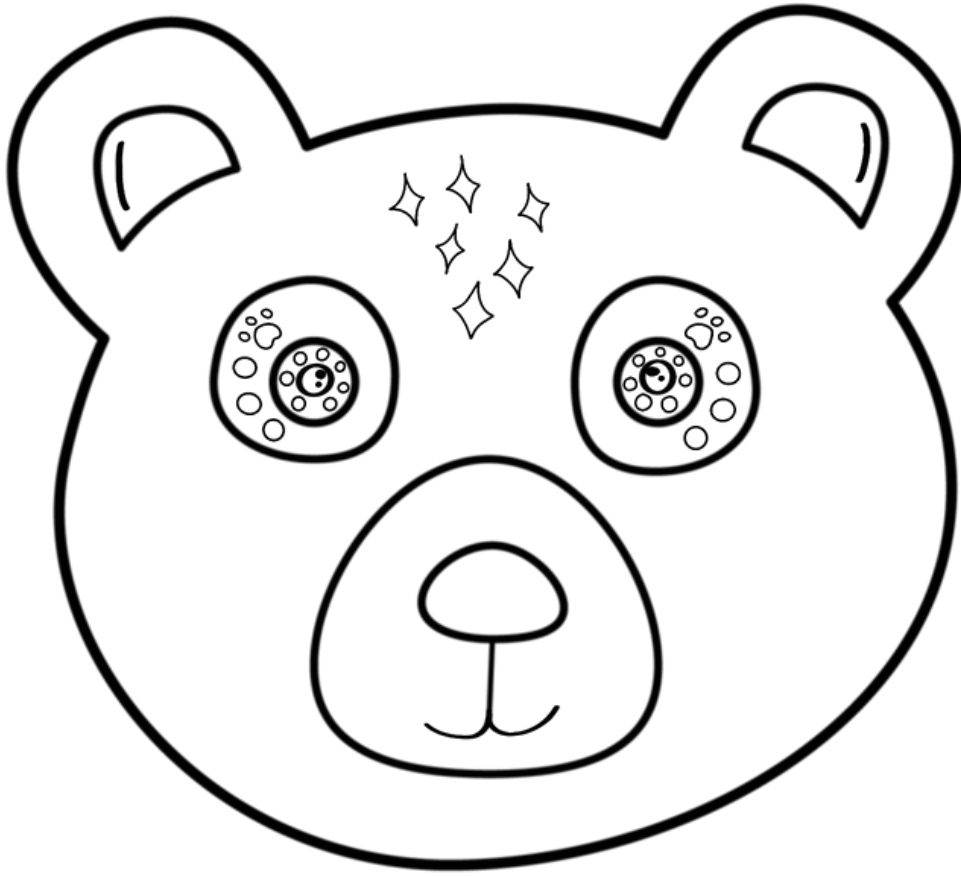
Tape Here

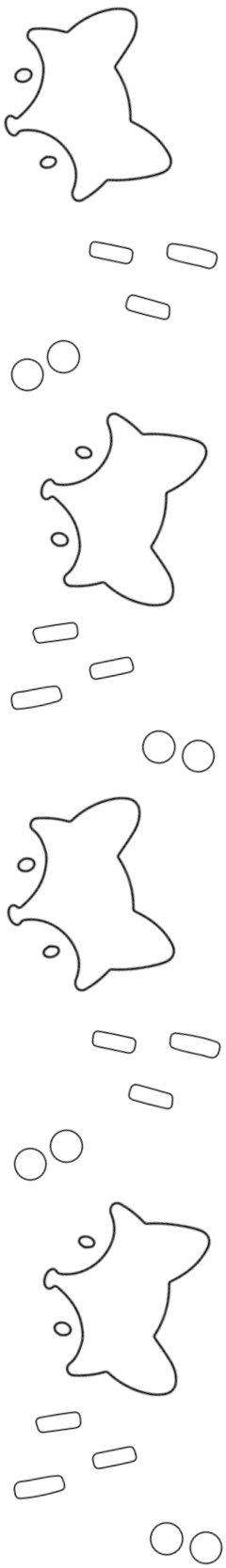
Right side of band

Tape Here

This block contains the right side of a band template. It features a large blue paw print at the top, followed by a yellow star, a red circle, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, an orange paw print, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, an orange paw print, a blue circle, a pink star, a blue paw print, a yellow star, a red circle, and a blue circle at the bottom. A horizontal line is at the top with the text 'Tape Here' and another horizontal line is at the bottom with the text 'Tape Here'.







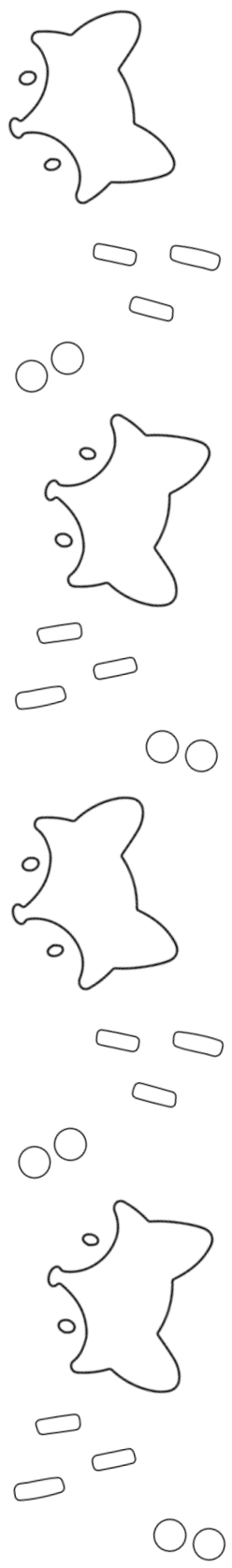
Left side of fox band



Tape Here



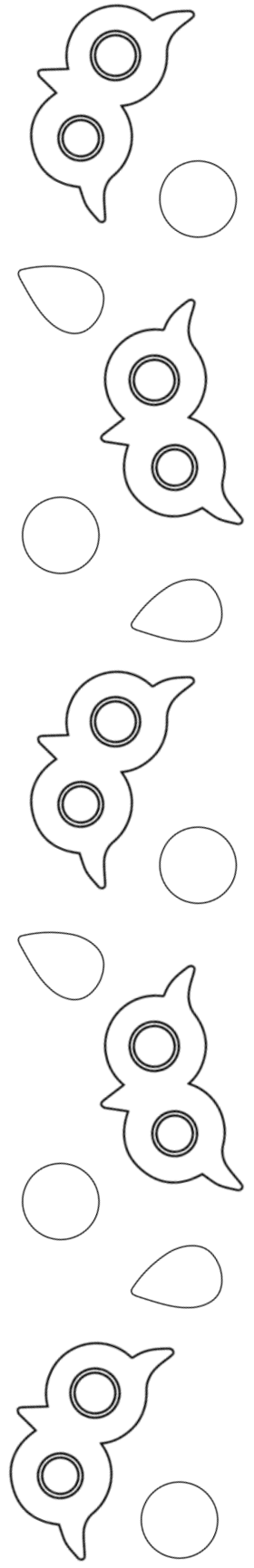
Right side of fox band



Tape Here



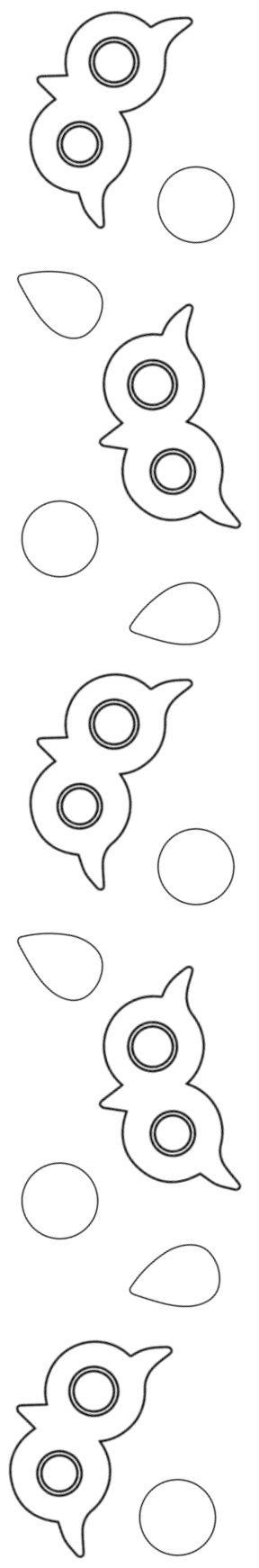
Left side of owl band



Tape Here



Right side of owl band




Tape Here

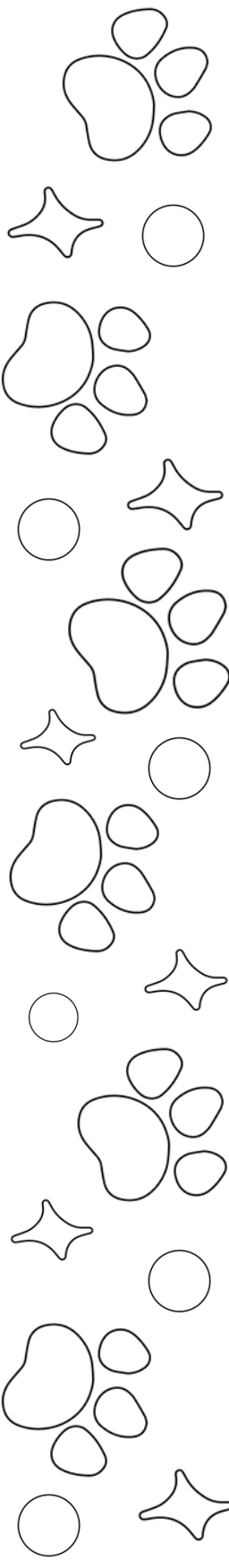



Left side of bear band



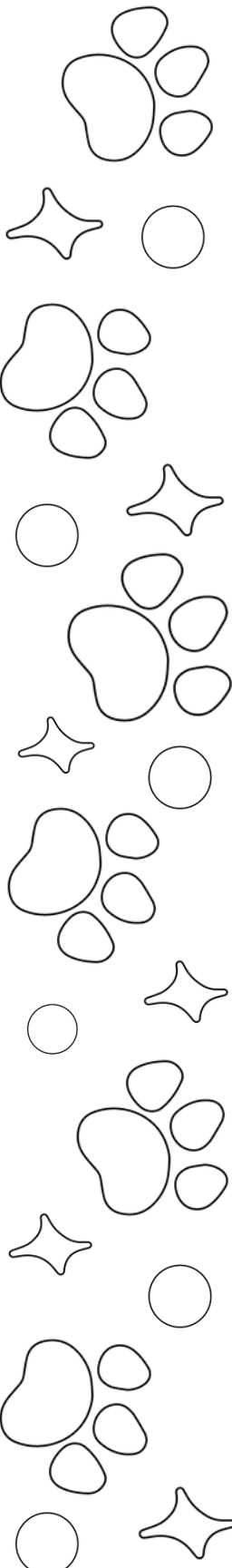
Tape Here 

Right side of bear band



Tape Here 

Left side of bear band



Tape Here

Right side of band

Tape Here

Right side of band



EPISODE 64 GUIDE

IN THIS EPISODE, CHILDREN WILL

- discover how to best **resolve** sibling or friendship conflicts.
- understand the importance of **apologizing**.
- hear about a real Big Life Kids, **Elijah**, and how he handled a fight with his brother.

CONVERSATION STARTERS

- Why was Wendy Wolf upset with Rex Rabbit?
- Elijah was upset with his brother Gideon when Gideon accidentally hit Elijah with a toy. Has there been a time when a friend or sibling accidentally hurt you? What did you do?
- How did Rex Rabbit and Wendy Wolf resolve their fight?

TRY THESE ACTIVITIES

- Try the "My Healthy Boundaries Brick Wall" printable from our **Sibling Kit**. This activity will help each child communicate their needs ahead of time so that they can prevent conflicts in the future.
- Have your children use "I feel" statements to effectively communicate with one another. when they fight. These statements could include "I feel hurt when you.." or "I feel left out when..."
- Have two children roleplay a fake fight and discuss different ways to resolve the conflict. Roleplaying potential scenarios and conversations can help each child understand how to communicate empathetically and can help each child be prepared for situations in the future.

Listen to **Episode 64: Sibling CONFLICT: Resolved LIVE on reality TV... in the FOREST!** on Apple, Spotify, Google, and most podcast platforms.



Sibling Kit

Ages 5-12

Siblings will discover new strategies to peacefully resolve conflict together by reviewing topics of fairness, boundaries, competition, emotional recognition and more.

"I love the bright graphics and the ease of use for the printables. As a mum of three girls and a Clinical Psychologist I can highly recommend using these to educate about growth mindset, mindfulness activities and optimism."

- Kate F.



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