

That's Not Fair!

Please think of a time when something unfair happened to you.

For example, you and your sister are playing but she snatches the pens from you and pushes you out of her room. Your mum doesn't see what happens but she shouts at you. You tell your mum that you didn't do anything wrong but she doesn't listen. You feel it is really unfair.

Once you have thought about a time when something unfair happened to you, answer the following questions.

When it was happening...

- **How did you feel?**
- **What did you want to say?**
- **What did you want to do?**

1. _____

2. _____

3. _____

After it had happened...

- **How did you feel?**
- **What did you want to say?**
- **What did you want to do?**
- **Is there anything you could have done differently to help yourself?**

1. _____

2. _____

3. _____

4. _____

Now, can you think of a time when YOU did something that wasn't fair?

- **How did you feel?**
- **How do you think the other person felt?**
- **Why do you think you did it?**
- **What could you do differently next time and how would this make everyone feel?**

1. _____

2. _____

3. _____

4. _____

