

# The Get-Along Jar

## 1 Purpose

- To distract kids in the middle of an argument or silly bickering.
- To provide an opportunity to do something together that requires teamwork.
- To remind each other that they love each other and that life is too short to spend time arguing when they can spend more time having fun and doing kind things together.

## 2 Materials

- Jar or cup
- Popsicle sticks
- Strips of paper with get-along ideas
- Scissors
- Markers to decorate
- Glue

### 3 Get-Along Ideas

- Say three nice things about the other person.
- Turn on some music and dance together.
- Read a storybook together--taking turns reading a page.
- Set the table together.
- Make up a 'getting along song' and perform it for the family.
- Make the other person's bed.
- Write a poem for the other person.
- Clean the other person's room.
- Get each other a glass of water and sit outside to drink it.
- Draw something positive about your sibling.
- Sweep the floor together.
- Make each other a 'sorry' card.
- Play Simon Says for six minutes.
- Draw a picture of each other.
- Give each other a big hug.
- Clean the bathroom sinks together.
- Pick up the other person's toys.
- Do 10 sit ups, 10 jumping and five push-ups.
- Tell each other a story.
- Draw a picture together.
- Tickle each other.
- Do a kind deed together for someone else.
- Ask your sibling 3 questions about themselves.
- Make each other laugh with silly faces.
- Play The Quiet Game.

## 4 How to use

- Introduce your kids to The Get-Along Jar. Let them know that they are family and that they are called to love each other and work as a team and The Get-Along Jar is going to help remind them of that. Ask them to brainstorm ideas of some things they can do together to have fun instead of fighting or you can just use the ideas above.
- Have them help decorate the sticks as well as label and decorate the jar.
- When fighting or arguing begins, walk over to the kids with The Get-Along Jar and assign one child to pick out a stick. If you know your kids will argue over this, you pick out the stick for them. 😊
- Have the child read or you read what is on the stick and they must do that instead.
- Encourage your kids to do things in The Get-Along Jar anytime they want too. They can use The Get-Along Jar for ideas of things they can do show their family teamwork or to just have some fun together. They don't have to be in an argument to use The Get-Along Jar. It's for "all things teamwork."
- What a great way to refocus the kids on what is important—being kind and loving and working as a team!
- If you have kids, like my oldest, who can turn something as simple as The Get-Along Jar into an argument, then The Get-Along Jar may not be best for that child. Try it and see if you can use the ideas as a way to teach your child something new. My younger two LOVE The Get-Along Jar and use it well. Every child is different and not every strategy or idea will work with every child. It could even be changed to an I'm Bored Jar and can be just simple, constructive, helpful and fun ideas for kids to do when they "are bored."
- Continue to teach about ways to get along and be kind even if The Get-Along Jar doesn't work for you. Sometimes just a simple "Can you please try that again?" can do the trick in responding to sibling rivalry. Sometimes a little space away from each other can be helpful too.