

# In Harmony

The Bible says, "How wonderful and pleasant it is when brothers [and sisters] live together in harmony!"<sup>1</sup> When you live and work in harmony you are in agreement; you play and you work well together.

Sometimes it isn't easy to agree with your brothers and sisters. You may want to do things differently from one another, and you may argue and disagree with each other. When you are in harmony with each other, it doesn't mean you have to want to do the same thing; instead, it means you look for ways to solve a disagreement so that you both can be happy.

If you find yourself facing a conflict with your brother or sister, you may not know how to solve the problem. First, don't let the anger or frustration you feel cause you to lash out. Try talking about ways you can fix the problem. You may need to take a little break or "time out" from each other so that you can think of ways to work things out in harmony.



Maybe when you are playing, you and your sister want the same toys or want to play different games. Or your parents have asked you to do a task together, but you cannot agree on how to do it. When you face a conflict like this, talk with each other. Perhaps you can take turns playing with the toys or picking the games. Working together to do a task can make it easier.

If you need some help solving an argument, you can ask a parent to help you work through the problem. The solution may not always be exactly what you want, but if you can agree on something together, it will make both of you happy and stop the conflict.

The best way to be in harmony with others is to be kind in your communication and actions. When you are kind, you think about others more than yourself. You look for ways to make others happy, too. This isn't always easy to do, but it will make your interactions with others better.



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