

To communicate respectfully, I can...

1. Identify communication types 



2. Find my feelings

3. Show empathy 



4. Voice my feelings

5. Listen and summarize 



6. Show respect without words

7. Speak my mind and be kind 

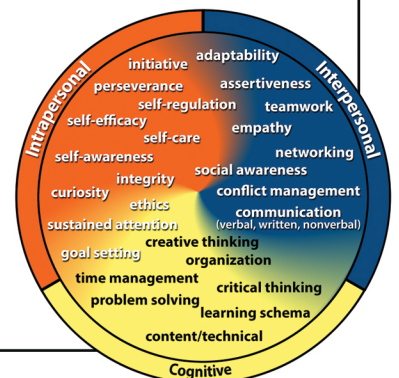


8. Respect my boundaries

9. Do my part 



10. Predict outcomes

































Assessing Your Assertiveness Knowledge (Pretest)

For each statement, mark or color in the emoji for *Like Me*, *Not Sure*, or *Not Like Me*.

Assertiveness Questionnaire K-2

Student ID _____

Date _____

1. When I work with a partner, I am comfortable sharing my thoughts and feelings.	 LIKE ME	 NOT SURE	 NOT LIKE ME
2. I would tell my friends "no" if they asked to do things like copy my homework.	 LIKE ME	 NOT SURE	 NOT LIKE ME
3. I tell others how I feel about something even if I know they will disagree.	 LIKE ME	 NOT SURE	 NOT LIKE ME
4. I know how to respectfully ask for something I want.	 LIKE ME	 NOT SURE	 NOT LIKE ME
5. If I don't like the way someone is being treated, I speak up.	 LIKE ME	 NOT SURE	 NOT LIKE ME
6. If someone hurt my feelings, I would tell them how I felt in a nice way.	 LIKE ME	 NOT SURE	 NOT LIKE ME
7. When I work with a partner, I listen to their thoughts.	 LIKE ME	 NOT SURE	 NOT LIKE ME
8. When my friends disagree with me, I try to understand how they are feeling.	 LIKE ME	 NOT SURE	 NOT LIKE ME
9. I listen to others without interrupting them when they are telling a story.	 LIKE ME	 NOT SURE	 NOT LIKE ME
10. Even if someone says mean things to me, I try not to say mean things to them.	 LIKE ME	 NOT SURE	 NOT LIKE ME

Count your responses in each column:

- How many marks did you have in the category *Like Me*? _____
- How many marks did you have in the category *Not Sure*? _____
- How many marks did you have in the category *Not Like Me*? _____

Unit 1: Introducing Assertiveness

1. I can define assertiveness

Write or draw a picture of what assertiveness means.

Assertiveness means ...

Draw a picture of why assertiveness is important to you.

2. I can explain communication types

Draw a picture showing what each communication type means.

Passive

Passive means ...

Assertive

Assertive means ...

Aggressive

Aggressive means ...

3. I can *identify communication types*

Write or draw about times when you used each communication type.

Passive

A time when I was passive was ...

Assertive

A time when I was assertive was ...

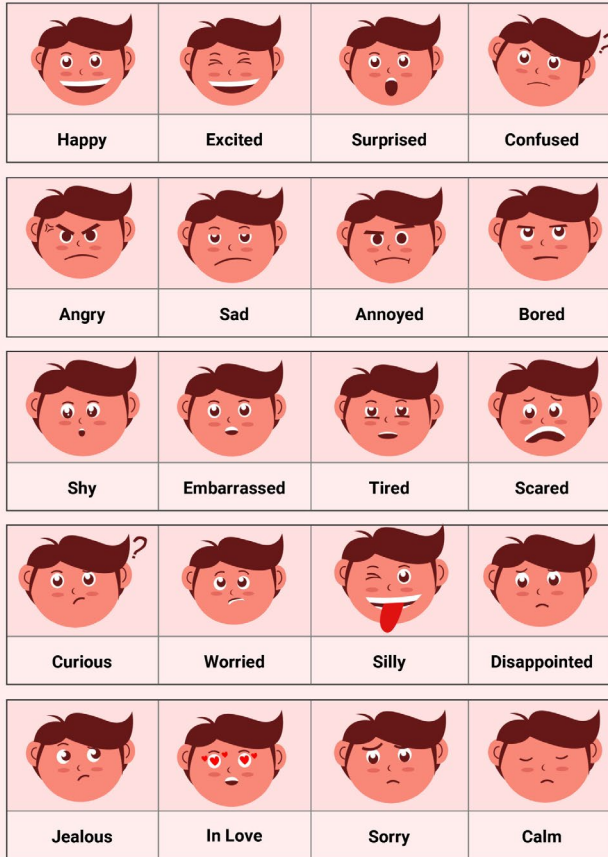
Aggressive

A time when I was aggressive was ...

Unit 2: Using Assertiveness to Express Emotions

4. I can explain how to *find my feelings* and *voice my feelings*

How Are You Feeling Today?



From Template.net

Describe how you *find your feelings*.

Describe how you *voice your feelings*.

5. I can *find my feelings* and *voice my feelings*

Write or draw the feelings you might have in each scenario.

Scenario	Write or draw three feelings you might have
Example: Your friend didn't sit beside you on the bus.	<ul style="list-style-type: none">• Angry• Sad• Annoyed
1. Your friend doesn't want to play soccer with you at recess.	
2. You are telling your brother that you are the fastest runner in PE class.	
3. You are explaining to your teacher that you lost your library book.	
4. Your teacher just showed you a math problem that you don't understand.	
5. Your brother said you ate the last cookie in the package even though you didn't.	

Scenario	Write or draw three feelings you might have
6. You are telling your mom about getting all of your math problems correct.	
7. You ran into a friend at recess, and she fell down and hurt her knee.	
8. You are explaining to a friend that you were absent from school and now you have a lot of make-up work.	



Practice **voicing your feelings** for each scenario by saying, "I feel _____ when _____."

Unit 3: Understanding Myself

6. I can identify situations when it is difficult to express my wants, needs, and thoughts



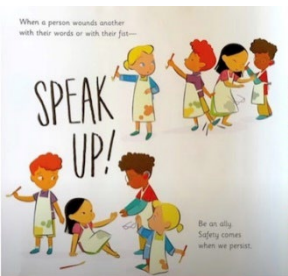


Write or draw about *voicing your feelings*.



It is difficult for me to *voice my feelings* when ...

Next time, I will *voice my feelings* and say ...

7. I can identify communication types in myself

Think about how you would feel in these scenarios and how you might react. Then put an X in the column showing which communication type you would use, whether passive, assertive, or aggressive.

	Scenario	Passive	Assertive	Aggressive
 <p>When you're being introduced and they get your name all wrong—</p>	Which communication type would you use if a teacher mispronounced your name?			
 <p>When someone spreads a rumor and you're sure it isn't true—</p>	Which communication type would you use if other people were making fun of your friend for having mud on his pants?			
 <p>When a person wounds another with their words or with their feet—</p> <p>SPEAK UP!</p> <p>Be an ally. Safety comes when we persist.</p>	Which communication type would you use if someone tripped you?			
 <p>If you see someone who's lonely, or they're having a bad day—</p>	Which communication type would you use if you didn't have friends to sit with during lunch?			
 <p>When you make a small mistake, even if you didn't know—</p> <p>SPEAK UP!</p> <p>Say you're sorry. Learn to listen. Learn to grow.</p>	Which communication type would you use if you accidentally spilled your friend's milk?			

	Scenario	Passive	Assertive	Aggressive
	Which communication type would you use if you knew a scary secret?			
	Which communication type would you use if your friends were misbehaving?			

Images from *Speak Up*, by M. Paul, illustrated by E. Glenn, 2020

9. I can explain how to *respect my boundaries*

Write or draw about *respecting your boundaries*.

A time when I felt uncomfortable was ...

I felt uncomfortable because ...

The next time it happens, I will ...

10. I can name Assertiveness Strategies that are my strengths

Explain each of the Assertiveness Strategies you have learned so far.



Identify communication types



Find my feelings



Voice my feelings



Respect my boundaries

Which Assertiveness Strategies are easy for you?

How could you help someone who found these strategies difficult? What would you say to them?

Choose your best Assertiveness Strategy. Draw yourself doing the strategy in a difficult situation.

Unit 4: Understanding Others

13. I can explain how to *show empathy*

Create an empathy poster showing a time when someone might feel the emotions assigned to you and a way another person might *show empathy* in that situation.

Showing empathy means ...

Unit 5: Showing Respect for Others

14. I can explain how to *show respect without words*

What should you do with each body part to be a good listener and *show respect without words*?

Brain:

Eyes:

Ears:

Mouth:

Heart:

Hands:

Body:

Feet:

16. I can *listen and summarize* and *show respect without words*

Write or draw about a time when you had strong emotions.

Use these sentence stems to summarize what your partner told you.

1. You just told me that ...

2. You said you felt ...

3. Is there more that you would like to tell me?

17. I can explain why *listening and summarizing* and *showing respect without words* are important

Write or draw about *showing respect without words* and *listening and summarizing*.

The strategy *show respect without words* is important because ...

I will *show respect without words* and *listen and summarize* when a friend is upset because ...

Unit 6: Communicating Assertively

19. I can *speak my mind and be kind*

Pretend to be the boy who doesn't have a friend to sit by in the cafeteria. Create a three-part assertive statement he could say to one of the other students.



From *Speak Up*, by M. Paul, illustrated by E. Glenn, 2020

Assertive Statement

Part 1: *show empathy*:

Part 2: *voice my feelings*:

Part 3: *speak my mind and be kind*:

20. I can *speaK my mind and be kind to respect my boundaries*

Write or draw about a time someone crossed your boundaries.

Now that you know how to create assertive statements to ***respect your boundaries***, what will you say to the other person if this happens again?

Unit 7: Making Communication Choices

22. I can *predict outcomes* for situations I experience

Think about what could happen if you chose passive, assertive, or aggressive communication. Write, draw, or act out what could happen.

Scenario	Predict what could happen if you chose passive communication	Predict what could happen if you chose assertive communication	Predict what could happen if you chose aggressive communication
When I have to stay in from recess for talking during the science lesson but my friends were also talking ...			
When my friends are doing something I don't want to do ...			
When I need help with math but I am afraid to ask my teacher ...			

Unit 8: Assertiveness—Putting It All Together

24. I can explain how to *do my part*

Write or draw one of the four things you need to do to *do your part*.

- Communicate your ideas respectfully
- Encourage others to share their ideas
- Listen to others' ideas
- Work together to complete the task

25. I can identify Assertiveness Strategies

Cut out each icon and choose nine to place or glue in the spaces on the bingo card. Listen as your teacher reads clues that describe each strategy.

Assertiveness Strategies Bingo Card



IDENTIFY
COMMUNICATION TYPES



FIND MY FEELINGS



SHOW EMPATHY



VOICE MY FEELINGS



LISTEN & SUMMARIZE



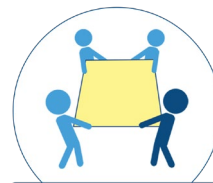
SHOW RESPECT
WITHOUT WORDS



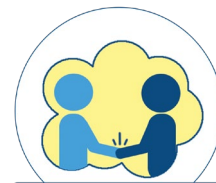
SPEAK MY MIND
AND BE KIND



RESPECT
MY BOUNDARIES



DO MY PART



PREDICT OUTCOMES

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Complete the chart below by drawing or writing about the strategies that are your strengths and areas for growth.

Strengths in assertiveness	Areas for growth in assertiveness