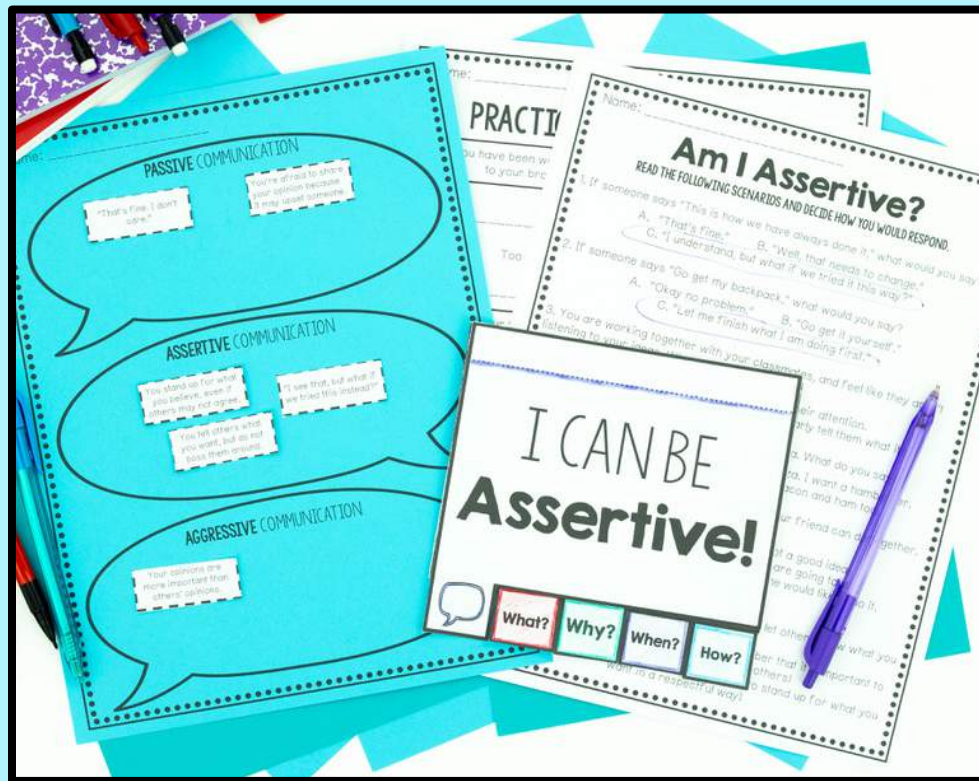


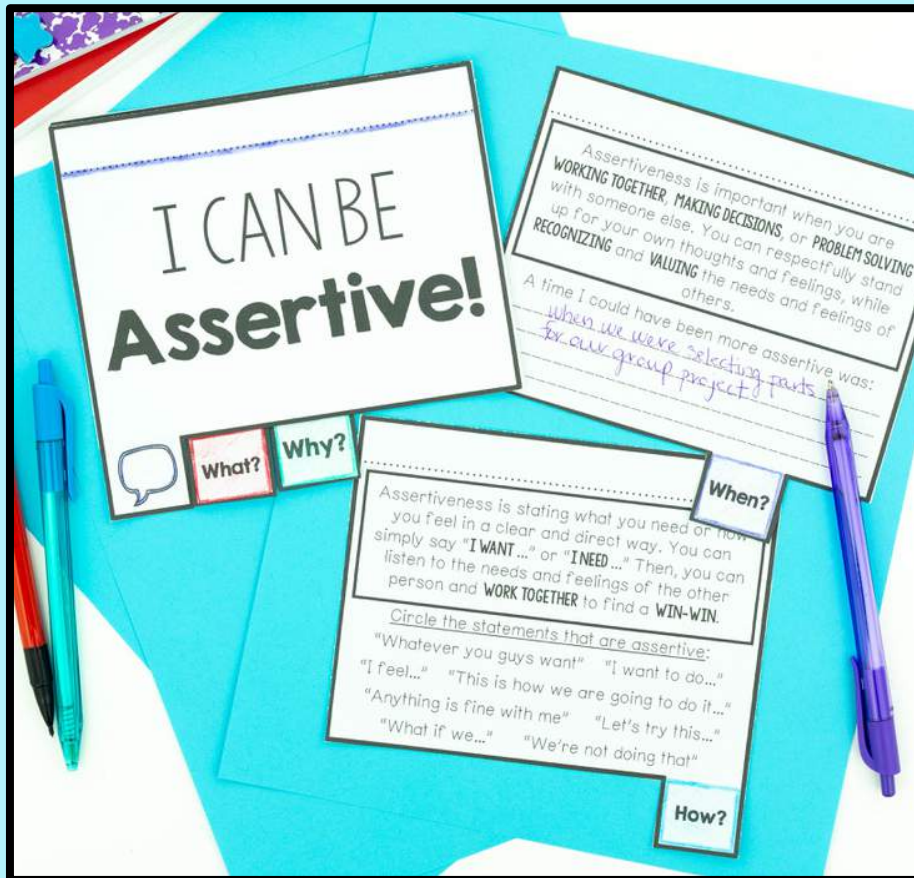
Use these NO-PREP activities to teach your students understand what assertive communication is and how they can use it!



They are perfect for...

- Social skills lessons or groups
- Self-esteem lessons or groups
- Bullying prevention lessons or groups
- Relational aggression lessons or group
- Students who could benefit from learning to stand up for themselves or considering the thoughts and feelings of others

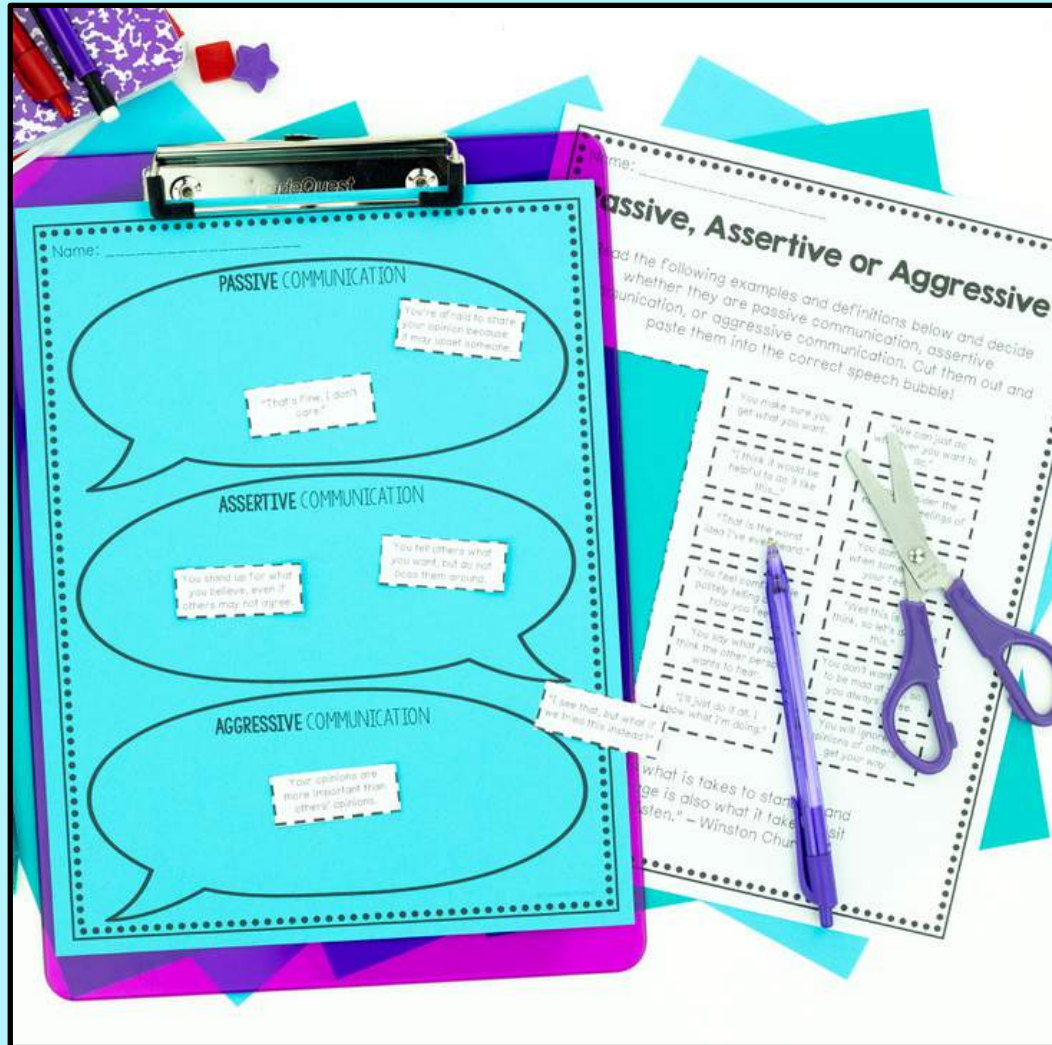
“I CAN BE ASSERTIVE” FILE BOOK



This file book will help students learn what assertiveness is, why it's important, and when and how to practice it.

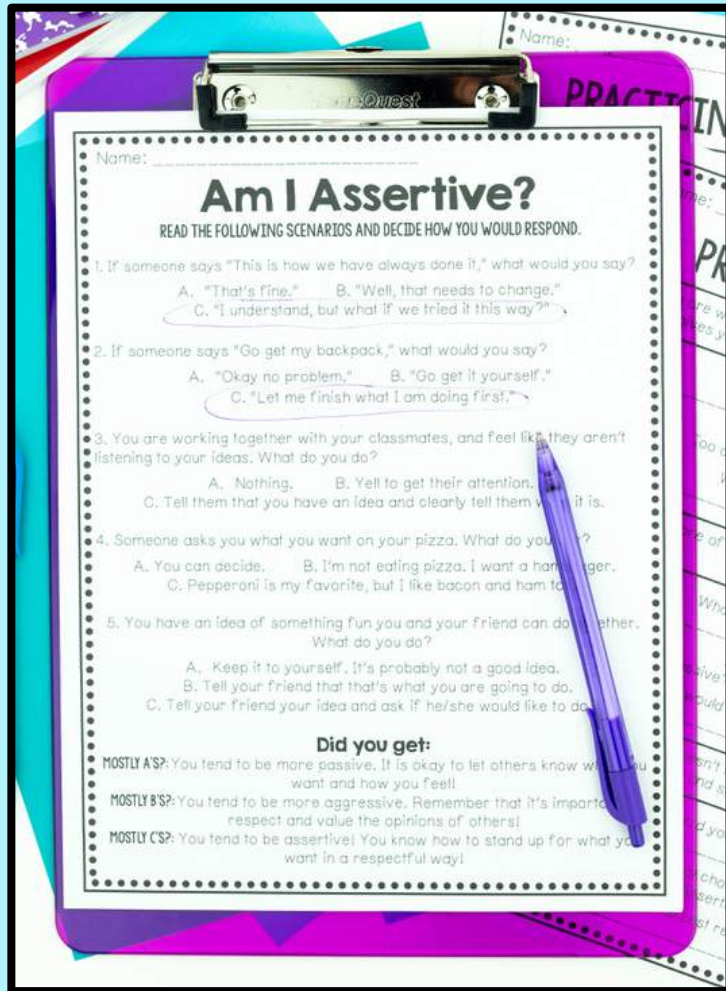
Each page includes a description and a prompt for the students to answer.

CUT AND PASTE ACTIVITY



In this activity, students will learn the difference between passive, assertive and aggressive communication.

SELF-ASSESSMENT



The image shows a clipboard with a purple pen and a worksheet titled "Am I Assertive?". The worksheet is on a clipboard with a silver clip. The worksheet has a dotted border and a "Name:" field at the top. Below the title, it says "READ THE FOLLOWING SCENARIOS AND DECIDE HOW YOU WOULD RESPOND." There are five numbered scenarios, each with three multiple-choice options (A, B, and C). A purple pen is resting on the worksheet. The background of the worksheet is white with a dotted border. The clipboard is on a purple and blue geometric patterned surface.

Name: _____

Am I Assertive?

READ THE FOLLOWING SCENARIOS AND DECIDE HOW YOU WOULD RESPOND.

1. If someone says "This is how we have always done it," what would you say?
A. "That's fine." B. "Well, that needs to change."
C. "I understand, but what if we tried it this way?"
2. If someone says "Go get my backpack," what would you say?
A. "Okay no problem." B. "Go get it yourself."
C. "Let me finish what I am doing first."
3. You are working together with your classmates, and feel like they aren't listening to your ideas. What do you do?
A. Nothing. B. Yell to get their attention.
C. Tell them that you have an idea and clearly tell them what it is.
4. Someone asks you what you want on your pizza. What do you do?
A. You can decide. B. I'm not eating pizza. I want a hamburger.
C. Pepperoni is my favorite, but I like bacon and ham too.
5. You have an idea of something fun you and your friend can do together. What do you do?
A. Keep it to yourself. It's probably not a good idea.
B. Tell your friend that that's what you are going to do.
C. Tell your friend your idea and ask if he/she would like to do it.

Did you get:

MOSTLY A'S? You tend to be more passive. It is okay to let others know what you want and how you feel!

MOSTLY B'S? You tend to be more aggressive. Remember that it's important to respect and value the opinions of others!

MOSTLY C'S? You tend to be assertive! You know how to stand up for what you want in a respectful way!

In this activity, students will learn the difference between passive, assertive and aggressive communication.

2 WORKSHEETS

Name: _____

PRACTICING ASSERTIVENESS

You are working hard on a project for a week. You show it to your brother and he points out a mistake you made.

Too aggressive? Assertive Too passive?

What would the best response be?

Is that choice...
Too aggressive? Assertive Too passive?
What would the best response be?

You and your friend are making plans for the weekend. You feel like he isn't listening to any of your ideas.

Too aggressive? Assertive Too passive?

What would the best response be?

Is that choice...
Too aggressive? Assertive Too passive?
What would the best response be?

Someone on your basketball team has an idea for a new play. You don't think the new play is a good idea.

Too aggressive? Assertive Too passive?

What would the best response be?

Is that choice...
Too aggressive? Assertive Too passive?
What would the best response be?

Students will practice using assertive communication in various scenarios.

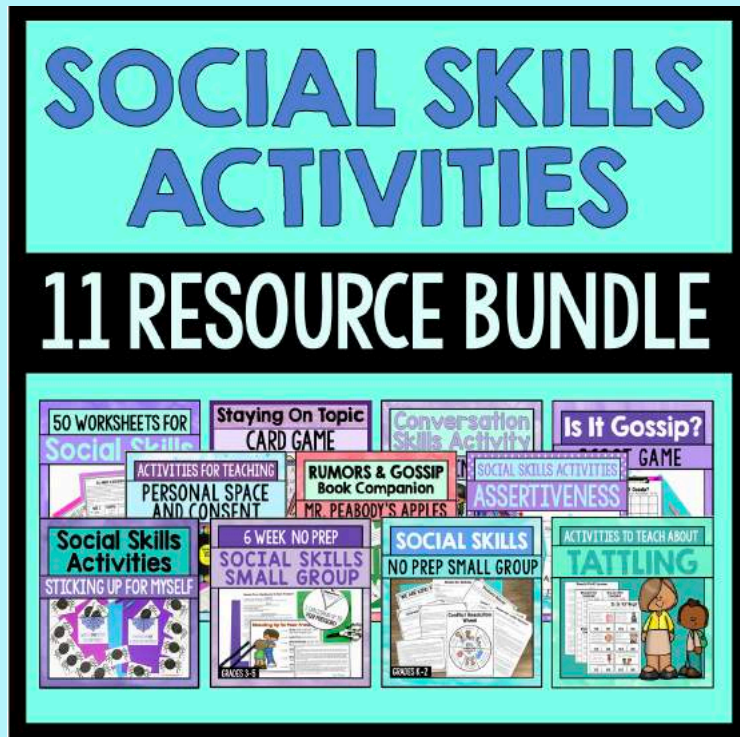
WHAT PEOPLE ARE SAYING...

"I used this resource for a 3-5 small group designed to empower students. It was exactly what I was looking for to reinforce assertiveness lesson taught. Thank you! The kids loved the flip book."
– Leilani R.

"This was great for an individual counseling session with a student working to find their voice! Love it."

"Exactly what I needed to work on this area with a few of my older kiddos. Comprehensive and easy to use, thank you!"

TEACHING ABOUT SOCIAL SKILLS? BUNDLE & SAVE!



These activities are part of a bundle that includes 11 resources to help your students learn about and practice different social skills!

[See The Bundle Here](#)