

ASSERTIVE COMMUNICATION EXERCISES

Directions: Kids need practice being assertive. Cut out these scenarios and put them in a cup. Go around the table and have each participant role-play or simply discuss how each situation could be handled in a kind, loving, and assertive way.

YOU WANT A TURN WITH A TOY AND YOUR BROTHER ISN'T SHARING.

YOU ARE ANGRY AND WANT SOME SPACE.

YOUR MOM HURT YOUR FEELINGS.

YOU DON'T THINK A PUNISHMENT YOU GOT WAS FAIR.

YOU FORGOT TO DO YOUR HOMEWORK ASSIGNMENT.

YOU BROKE SOMETHING IMPORTANT.

SOMEONE PUSHED YOU.

SOMEONE CALLED YOU A BAD NAME.

SOMEONE GAVE YOU A DIRTY LOOK.
