

SAY SOMETHING

Role-Play For Speaking Up Assertively

Are you ready to become a superhero of communication? One of the most important skills you can learn is **assertiveness**. Assertiveness means being able to stand up for yourself (and others) without being mean or hurtful.

It's like having a superpower that helps you communicate clearly and maintain positive relationships that meet everyone's needs.

Did you know that even adults sometimes struggle with being assertive? But don't worry; with practice, anyone can become a master of assertive communication!

And the best part is that it can help you in so many areas of your life - from saying "no" to unwanted peer pressure to asking for help with homework or resolving conflicts with friends. So, are you ready to start your assertiveness training?

This game is a fun way to begin practicing.

To Make:

Cut along the dashed lines on pages 2 & 3 to create a stack of 16 role-playing cards.

Before You Begin:

Review the poster on page 4, "Speaking Up In 4 Easy Steps," with your child.

To help your child commit these four steps to long-term memory, consider teaching these movements along with the "Speaking Up In 4 Easy Steps" poster.

"Say **what you see**." They point to their eyes.

"Say **how you feel**." They place a hand on their heart.

"Say **what you want**." They open their hands as if receiving something.

"**Stay or Go**." They march in place.

Ask your child why these steps might be more effective than starting an argument or not saying anything.

Talk to your child about times they may have wanted to speak up but were too afraid, or they did and regretted it. What might have happened if they tried speaking up using this 4 step method?

To Play:

Place the poster somewhere central so that all players can use it as a reference during the game. Next, place the stack of cards face down on the table and take turns acting out how you would respond in each situation using the 4 Easy Steps.

SAY SOMETHING

Your friends are calling you a name you don't like.



What will you say?

SAY SOMETHING

A classmate shoves you out of his way.



What will you say?

SAY SOMETHING

Someone keeps touching your hair, and you don't like it.



What will you say?

SAY SOMETHING

One of your friends calls someone a mean name.



What will you say?

SAY SOMETHING

Someone posts something unkind about someone you know online.



What will you say?

SAY SOMETHING

A friend keeps asking you to let her copy your homework, but you don't think it's right.



What will you say?

SAY SOMETHING

Someone online keeps sending you messages that make you feel uncomfortable.



What will you say?

SAY SOMETHING

Someone is spreading an unkind and untrue rumor about someone else.



What will you say?



SAY SOMETHING

You accidentally broke something valuable that belongs to someone else.



What will you say?

SAY SOMETHING

A group of friends are playing together, and they tell you that you can't join them.



What will you say?

SAY SOMETHING

A teacher keeps calling you by the wrong name.



What will you say?

SAY SOMETHING

You are playing a game with a friend, and they keep cheating.



What will you say?

SAY SOMETHING

A friend tells you that he won't be friends with you if you don't do what he says.



What will you say?

SAY SOMETHING

A classmate has been assigned to be your partner, but she refuses to work with you.



What will you say?

SAY SOMETHING

Your friends are doing something dangerous. Then, when you don't join them, they call you a baby.



What will you say?

SAY SOMETHING

A friend breaks something and then blames it on you.



What will you say?

SPEAKING UP IN 4 EASY STEPS

1. Say What You See

"I noticed that..."  "I heard you say..."

2. Say What You Feel

"I feel..."  "I don't like it when..."

3. Say What You Need

"I need..."  "I would like you to..."

4. Stay Or Go

"From now on please..."  "I'm going to go and..."

Keep Yourself Safe

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With gratitude,
Big Life Journal team

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Ages 5-12

A collection of printable worksheets and activities for children to help develop high self-esteem and confidence. Children will learn how to overcome their negative self-talk and start believing in themselves and their abilities.

My daughter and I had a great experience using the self-esteem and confidence kit. We both have struggled with self-esteem and when feelings of inadequacy and low self-esteem are addressed and discussed it makes a huge difference! The Big Life Journal products have given us an interactive and creative way to do this!"

- Mallorie M."

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