

## Directions

1. Decide who will be Partner A and who will be Partner B. If you are Partner A, read the first scenario out loud, but do not act it out.
2. Partner B listens as Partner A practices a Way to Calm Down and an assertive statement.
3. Switch parts and repeat the directions above for the next scenario.
4. If there is time, write your own scenario and repeat the directions above with your partner.

## Scenarios

### New shoes

Someone in your class is insulting your new shoes.

1. Choose and practice one or more of the following Ways to Calm Down:  
 Breathe    Count    Use positive self-talk
2. Choose one of the following statements and practice doing or saying it assertively to your partner:  
 Ignore the comment and turn away.  
 Say, "Stop it. I don't like that."  
 Say, "That's your opinion. I like these shoes."  
 Say a different assertive comment: \_\_\_\_\_



### Wrong answer

A classmate is making fun of you for answering a question wrong in front of the class.

1. Choose and practice one or more of the following Ways to Calm Down:  
 Breathe    Count    Use positive self-talk
2. Choose one of the following statements and practice doing or saying it assertively to your partner:  
 Ignore the comment and turn away.  
 Say, "Stop it. I don't like that."  
 Say, "I made a mistake. That's okay."  
 Say a different assertive comment: \_\_\_\_\_



### Your own scenario

\_\_\_\_\_

\_\_\_\_\_

1. Choose and practice one or more of the following Ways to Calm Down:  
 Breathe    Count    Use positive self-talk
2. Choose one of the following statements and practice doing or saying it assertively to your partner:  
 Ignore the comment and turn away.  
 Say, "Stop it. I don't like that."  
 Say a different assertive comment: \_\_\_\_\_