

Assertiveness Strategy Cards

Cut out the cards below and hand them out to the class. Have the students move around the room, matching the names of the Assertiveness Strategies to their definitions.

	I will communicate how I feel and why.
	I will stop and think about someone else's feelings.
	I will communicate my ideas and thoughts respectfully when in a group. I will also listen to others' thoughts and ideas so we can decide how best to complete the task.
	I will use my own words to explain the most important parts of what someone else has said.
	I can tell if someone is being passive, assertive, or aggressive.



Before making a decision, I will stop and think about what will happen if I'm passive, assertive, or aggressive.



I can respectfully tell someone what I want to happen.



I will set guidelines, or boundaries, about what I will or will not do in challenging situations.



I will make eye contact with the other person, keep my hands and feet still, and focus on what they say.



I can stop and think about my feelings.