

Voice My Perspective (Elementary)

Have you ever felt hurt by something a friend said or did? Maybe your friend jokingly teased you, and it really hurt your feelings. You can use the strategy ***voice my perspective*** to help others understand your viewpoint.

Your perspective includes your thoughts, feelings, and ideas. It is the way you understand a situation based on what you have experienced in your life. Each person has their own perspective. For example, you might love Mexican food because you grew up eating it and your grandmother showed you how to make her special recipes, but your friend might think Mexican food tastes strange and can't understand why you like it so much. You have a different perspective than your friend because you have experienced different things.

When you ***voice your perspective***, you explain your feelings and the reasons behind them. Learning to ***voice your perspective*** will help others understand you, especially during a conflict. You can ***voice your perspective*** by saying, "I feel [blank] when [blank]" and "I think [blank] because [blank]."

I used the strategy ***voice my perspective*** when I got into a disagreement with my friend Andrew about how to build a volcano for our science project. I thought it was a good idea to build the volcano out of papier-mâché by cutting strips of paper and dipping them in glue. Andrew said that would take too long and would be messy. He said making the volcano out of clay would be better. We argued for a while over what material to use. Then I remembered that when there is a disagreement, it is important to ***voice my perspective*** so the other person understands me better. I ***voiced my perspective*** by saying, "I think building the volcano out of papier-mâché would be better because when my sister built her volcano out of clay last year, it took too long to dry. It was too heavy. She couldn't carry it home." Andrew said, "Oh, I never thought about it taking longer to dry and being heavy." I had a different perspective than Andrew because watching my sister build a volcano gave me information that Andrew didn't have. We agreed to make the volcano out of papier-mâché, and even though it was messy, we had fun doing it!

When others don't understand your feelings or ideas, remember to respectfully ***voice your perspective*** by saying, "I feel [blank] when [blank]" and "I think [blank] because [blank]." It will help others understand you better.