

## Assertiveness Skills

Assertiveness skills are important for kids to learn — it helps them know how to set and communicate personal boundaries. Learning assertiveness skills helps kids communicate their own needs and comfort levels. These skills help increase personal safety.

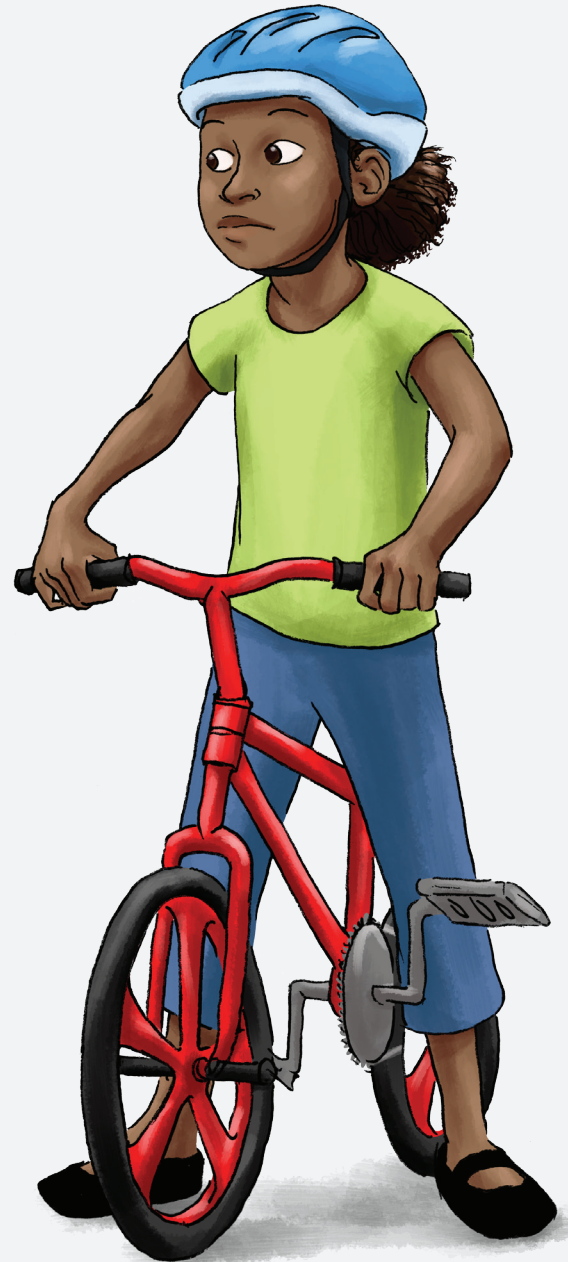
Assertiveness skills include:

- Making eye contact
- Sending clear, decisive messages such as “No,” “Stop,” etc.
- Using serious facial expressions
- Using a steady, confident voice
- Standing tall
- Leaving the situation promptly
- Telling a safe adult

We communicate messages with both verbal and nonverbal language. It is actually the nonverbal (body language) that carries the majority of our messages.

**[NOTE] We need to actively listen to our children and be careful not to send them mixed messages. When we force them to show affection to people that they do not initiate affection towards or are reluctant to do so (an adult friend they do not want to hug), we send a confusing message.**

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### LET'S PLAY CHARADES!

Charades is a game that people of all ages can play. Children practice acting out the 7 universal emotions using the 4 different formats, and adults take turns guessing what they are expressing.

#### 1. Facial Charades

Write down different emotions on paper. Take turns acting them out without using any sound. You can only use facial expressions.

##### Emotions - The seven universal emotions:

SAD

ANGRY

SCARED

SURPRISED

HAPPY

EMBARRASSED

CONFUSED

#### 2. Voice Charades

Act out various emotions using only your voice as a tool. Turn your back towards the person so that your face cannot be seen.

#### 3. Body Charades

Act out various emotions using only body gestures, not voice, nor facial expressions.

#### 4. Full Body Charades

Act out various emotions using a combination of facial expressions, voice, and body gestures.

*[NOTE] Remind children that adults in distress do not approach children for help. Adults ask for help from another adult. Children in distress seek adult help.*