

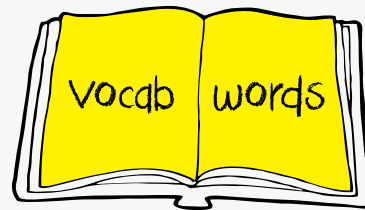
Assertive and confident

Social Emotional Learning

Project and Purpose: Students discuss, devise and dramatize tactics to develop assertiveness and confidence.

Essential Question:

What does being assertive and confident look and sound like?



- Materials
- Story of the *Two Travelers and the Bear*
- 3-4 small baskets/containers
- Paper

assertive

confidence

Room Set up: Chairs, tables and desks pushed back to create an open space to move and interact.

PreK-2

Introduction

1. Read the story of **Two Travelers and a Bear**.
2. Discuss how one traveler was timid and frightened and the other was confident and assertive. The first ran away, while the second bravely thought of an idea to handle the situation without being mean, hurtful, or posing a fight.
3. Share definition of assertive: *having a bold and confident manner*.

Direct Instruction (I do)

1. Tell students that you are going to show them two ways to walk into a room. Ask them to silently observe and think about how they will describe what they see.
2. Go out the door, and enter the room as a very timid, frightened person and say in a quiet, shy voice, "Hello, everyone. It's good to see you."
3. Remind them that they are silently observing.
4. Explain that you are going to show them way to enter a room #2.
5. Go out of the room and re-enter as a confident, assertive person and say, "Hello, everyone. It's good to see you."

Ask students to identify which way was timid and frightened, and which way was confident and assertive. What did they hear? What did they see?

Notes:

Guided Exploration (We do)

1. As a group, students practice standing and walking in a confident, assertive way. Remind them that assertive means to show calm confidence without threatening anyone else.
2. Have students walk around the room and greet each other with confidence.
3. Gather back as a group and discuss times they need to be assertive with others, to be confident without threatening or bullying anyone.
4. Make a list on the board, being sure to include:
 - a. When someone else says hurtful things: how do you tell the person to stop calling you names without starting a fight?
 - b. When you feel self-conscious talking to others or sharing an idea you have: how do you find the confidence you need to speak?
 - c. When someone tries to force you to do something: how can you say no in an assertive way that will not start a fight?
 - d. When someone tries to blame you for something you did not do: how can you stand for yourself without starting a fight?
5. Have the group devise things to say when responding assertively and with confidence in each situation.

Notes:

Independent Practice (You do)

1. Using the list created by the class, write the ideas/scenarios and what to say on pieces of paper and put them into baskets.
2. Students will divide into small groups of 5 or 6. (Grade K-stay in a large group if desired.)
3. Each group will have a basket with scenarios. The students will take turns pulling out a scenario and response and then dramatize it for the group. **Note:** Copies should be made so each group will have the same scenarios.

Conclusion/Reflection

1. The full class gathers together in a circle to report back on how their groups did dramatizing being assertive.
2. **Discussion questions:** What did you change? What did you discover about yourself? Was being assertive challenging? Did you come up with more ways to show your confidence in different situations?

Notes:

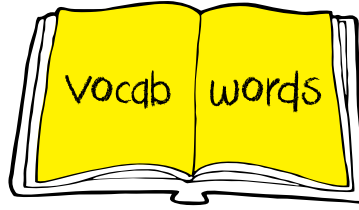
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SEL

Personal Reflection

Journal work: Write and illustrate your own story like *The Two Travelers and the Bear* about being assertive in life and friendship.

Notes:



Vocabulary Definitions

assertive (adj)

- Definition: a kind of confident behavior that helps people clearly communicate their thoughts, needs, wants, dreams, and feelings without hurting anyone else.
- Context: Andrew decided to be assertive and tell the class about his idea.

confidence (n)

- Definition: a feeling of certainty; assurance.
- Context: Maria had confidence that she would succeed as a new teacher.

Two Travelers and a Bear

Once there were Two Travelers going through a forest, when suddenly, a huge bear ran out of the bushes near them.

One of the Travelers, thinking only of his own safety, quickly climbed a nearby tree.

The other Traveler realized that he did not want to fight the Bear and threw himself onto the ground and pretended to be dead.

The Bear slowly walked up to the Traveler on the ground and sniffed at the man's head. After a moment, the Bear walked away.

The Traveler in the tree climbed down and said, "It looked like the Bear whispered in your ear! Did he tell you anything?"

The Traveler answered, "Yes! He told me that it isn't wise for me to keep company with someone who would desert a friend in a moment in danger."

Moral: Misfortune is the test of true friendship.