



Lesson Time

Your child is learning to be assertive and speak up in a strong and respectful voice when:

- Needing or wanting something
- Being treated in a mean or unsafe way
- Solving problems

Knowing how to speak up assertively helps your child say what he or she needs or wants at home and at school. Speaking up helps your child solve problems in safe ways.

Play Time

Play a game with your child to practice speaking up assertively. Select three of your child's small toys or three simple kitchen items. Set the three toys or items on a table.

Say: **We're going to play Please Give It Back. I'm going to take one of these toys and put it under the table. You need to watch which toy I take. Then you say, "You took away my _____. I want you to give it back, please."** Play the game, taking away a different toy or item each time.

Story Time



This week's story is about Zak and Gina. Zak is angry because Gina painted on his paper. Ask your child about this story.

- **What do you see in this photo?**
- **Zak is having strong feelings. What should he do before he speaks up?** (Calm down.)
- **What is the problem?** (Gina put paint on Zak's paper.) **Was that a respectful thing to do?** (No.)

Now let's pretend you are Zak and I am Gina. What can you say to me in a strong, respectful voice? (Stop that! I don't want you to paint on my paper.)