

you can stand up for yourself

LEARNING HOW TO BE BRAVE AND ASSERTIVE





TO USE THIS RESOURCE

Welcome to the Teach Me How Subscription!

Q: Why does my family need this?

Teaching is the HARDEST part of parenting! Especially teaching in a way that is fun, positive, and cultivates a stronger connection. This subscription is made for families, to give you tools to deliberately teach social and emotional skills while simultaneously becoming a stronger family!

Each month you will be sent a themed resource that includes:

- **A Lesson** (interactive, short, and perfect for young minds)
- **Role Plays** (the powerhouse for teaching skills)
- **A Visual Cue** (put it in a place where everyone will see)
- **An Activity** (drives the lesson home, more fun for everyone)
- **And more!** (extension ideas, teaching tips, etc)

Q: Who should teach?

These resources were written with the intention that ANYONE in the family could teach them. We suggest involving your children as much as you can! Invite them to teach portions of the lesson or lead the activity (because when they do, there's so much more buy in).

Q: What ages is this for?

With simple adaptations these lessons are for children between the ages 3-18.

Q: How much time will it take?

Each resource is intended to be adaptable to fit in the time you already have. Don't feel pressure to do it all! It can stand alone as a one-time lesson or act as a mini lesson each week for the whole month. We've indicated an estimated time frame for each section - do what fits and trust that what you have time for will be enough.

A guide to the symbols you'll find:



5 MIN

15 MIN

30 MIN

CLOCKS: This shows up at the beginning of each section to let you know how much time it should take. Pick and choose the things that will fit your schedule!



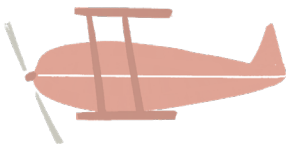
TIP FOR GROWN UPS: Here are some really helpful tips that apply to helping kids learn any topic!



CUTOUT: You'll need to print this page off and cut it out to use it!



SUPPLIES: You won't need glue necessarily, but this will be next to a list of supplies you will need for that section of the resource.



FUN FACT: A short quote, story or bit of brain science related to the topic that kids are sure to remember.



Simply on purpose

Lesson: There's a superhero inside you!



pages 6-8 printed
scissors
glue
popsicle sticks



TIP FOR GROWN UPS

A HUGE WAY THAT YOU CAN HELP YOUR CHILD FEEL BRAVE AND EMPOWERED IS TO ENCOURAGE INDEPENDENCE. HELP THEM FEEL MORE COMFORTABLE WITH BEING IN CHARGE OF THEIR OWN LIFE. IT CAN SOUND LIKE "THAT SOUNDS TRICKY. WHAT IDEAS DO YOU HAVE SO FAR?"

Standing up for yourself takes a lot of courage! BUT you can do it! It's called being **ASSERTIVE**.

It's a good time to be **ASSERTIVE** when you feel:

- **uncomfortable**
- **unsafe**
- **scared**
- **sad**

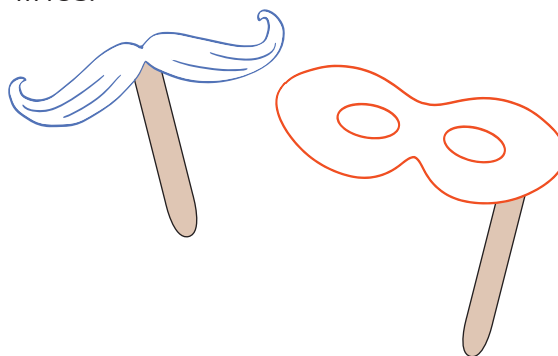
Let's **GIVE YOU THE WORDS** to practice standing up for yourself!

Ready to act out a play?!

Sam is working on being **ASSERTIVE**. Let's help him.



Have each person pick props to cut out and color, then use them as they act out and read their lines.



Sam's Superpower!

Narrator: Once upon a time there was a brave young boy named Sam (his mom called him Sammy but since he just started 3rd grade he was way too grown up for THAT).

Sam: Seriously mom. My name is Sam.

Mom: Wow, that's very ASSERTIVE of you Sammy. Er, I mean Sam.

Sam: What does assertive mean?

Mom: It means that you have courage and are confident!

Sam: Then yes. I am VERY assertive. *flexes his muscles*

Narrator: Do you think Sam is assertive? Let's find out. Off he goes to play at the park. Suddenly he sees the slide!

Sam: Perfect! Every superhero needs to climb great heights.

Narrator: He marches over to the slide and starts to climb the ladder only to find a kid at the top messing around but not going down. His first thought is to just leave. But NO! He summoned his superpower!

Sam: Super Sam to the rescue!

Sam: *to kid on the slide* Excuse me. I'm waiting for my turn. Can you please go down the slide?

Narrator: He did it! He was assertive! He felt courageous! After flying down the slide he sees a lemonade stand.

Sam: Perfect! Every superhero needs to stay hydrated!

Narrator: He walks over and asks how much a cup is.

Sam: How much is a cup of lemonade?

Lemonade Kid: \$2, I made it myself, with real kool aid.

Sam: Wow. That sounds so good. Okay. Here's \$2.

Narrator: The lemonade kid hands Sam a cup, but it's only half full. His first thought was to just take it and walk away. But NO! He summed his superpower!

Sam: Super Sam to the rescue!

Sam: *to the lemonade kid* Excuse me. Can you fill this cup to the top please? I really want to get my money's worth.

Lemonade Kid: Sure. I'll just pour some from another cup.

Narrator: He did it! Sam was assertive! He felt confident! (And the lemonade wasn't half bad either!) He walked to the other side of the playground and saw a group of girls. They were playing jump rope. Sam LOVES jump rope.

Sam: *with a little less resolve* Perfect! Every superhero needs to face their fears. I'll go ask them if I can play.

Sam: Hey! Can I play?

Jump Rope Girl: Sorry, we don't have another rope.

Narrator: Sam's first thought was to say "Okay" and walk away. But NO! He summoned his superpower!

Sam: Super Sam to the rescue!

Sam: *to the jump rope girl* I know a really cool trick. We can tie the ropes together to make it super long and lots of us can jump in the middle. Do you wanna try it?

Jump Rope Girl: That sounds awesome! Yes!

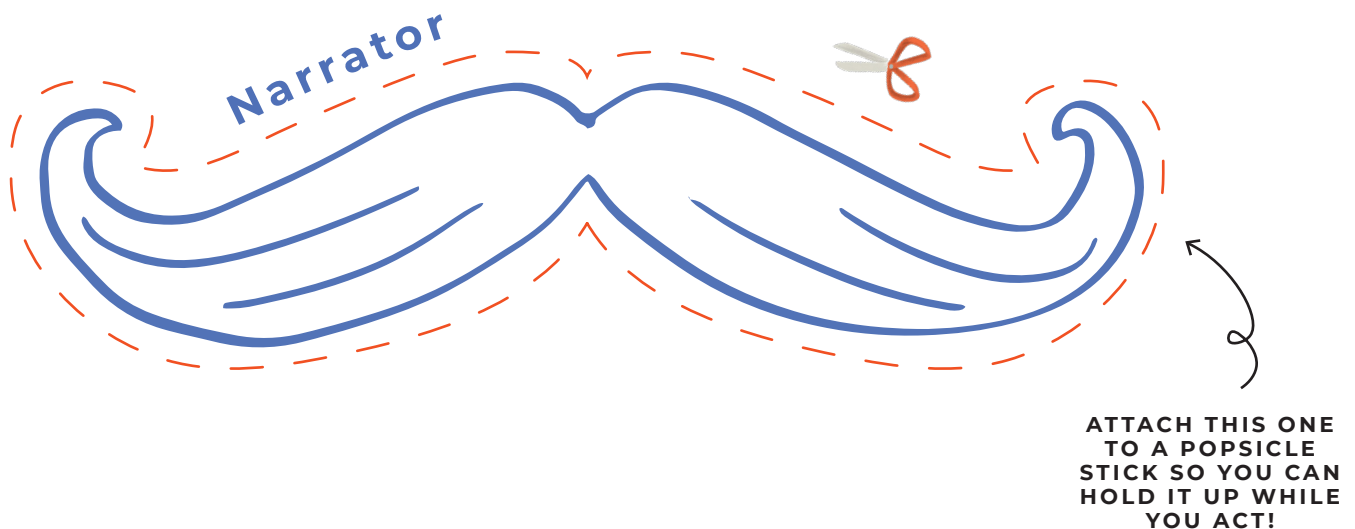
Narrator: He did it! Sam was assertive again! He felt like a superhero.

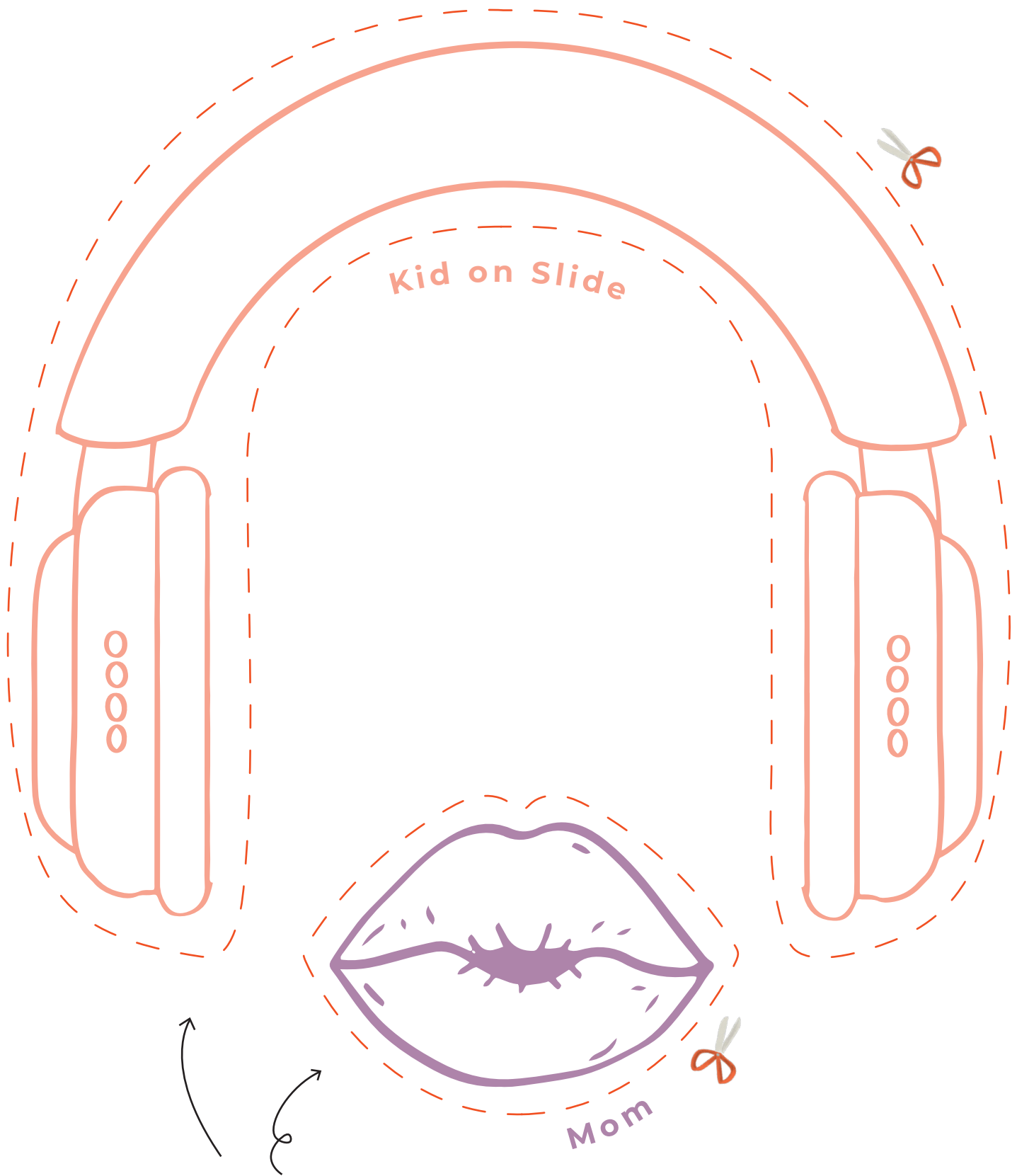
Mom: Sam it's time to go home now!

Sam: No problem Mom. My work here is done. I can't wait to tell you how I stood up for myself today.

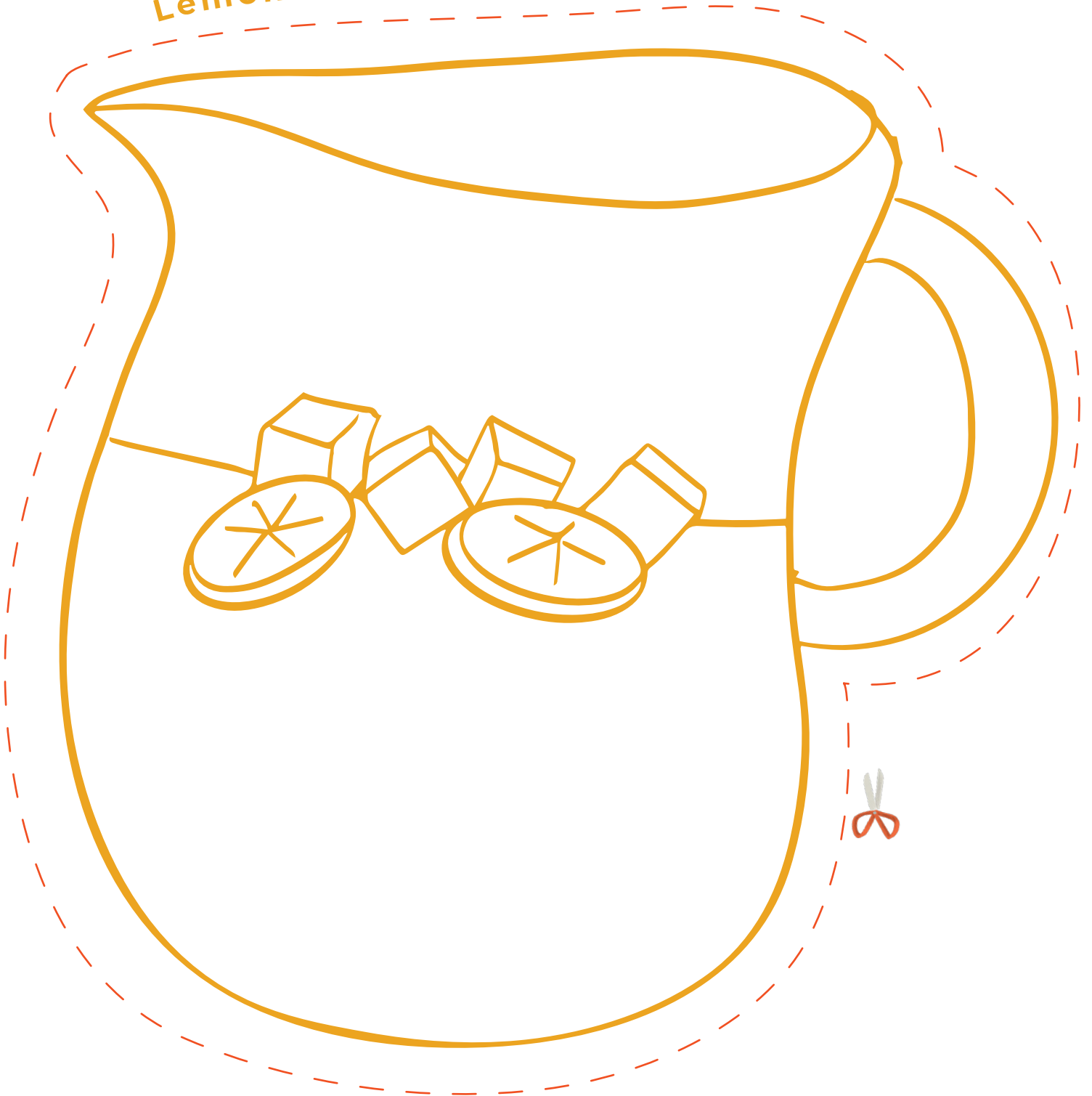
Mom: Super Sam to the rescue!

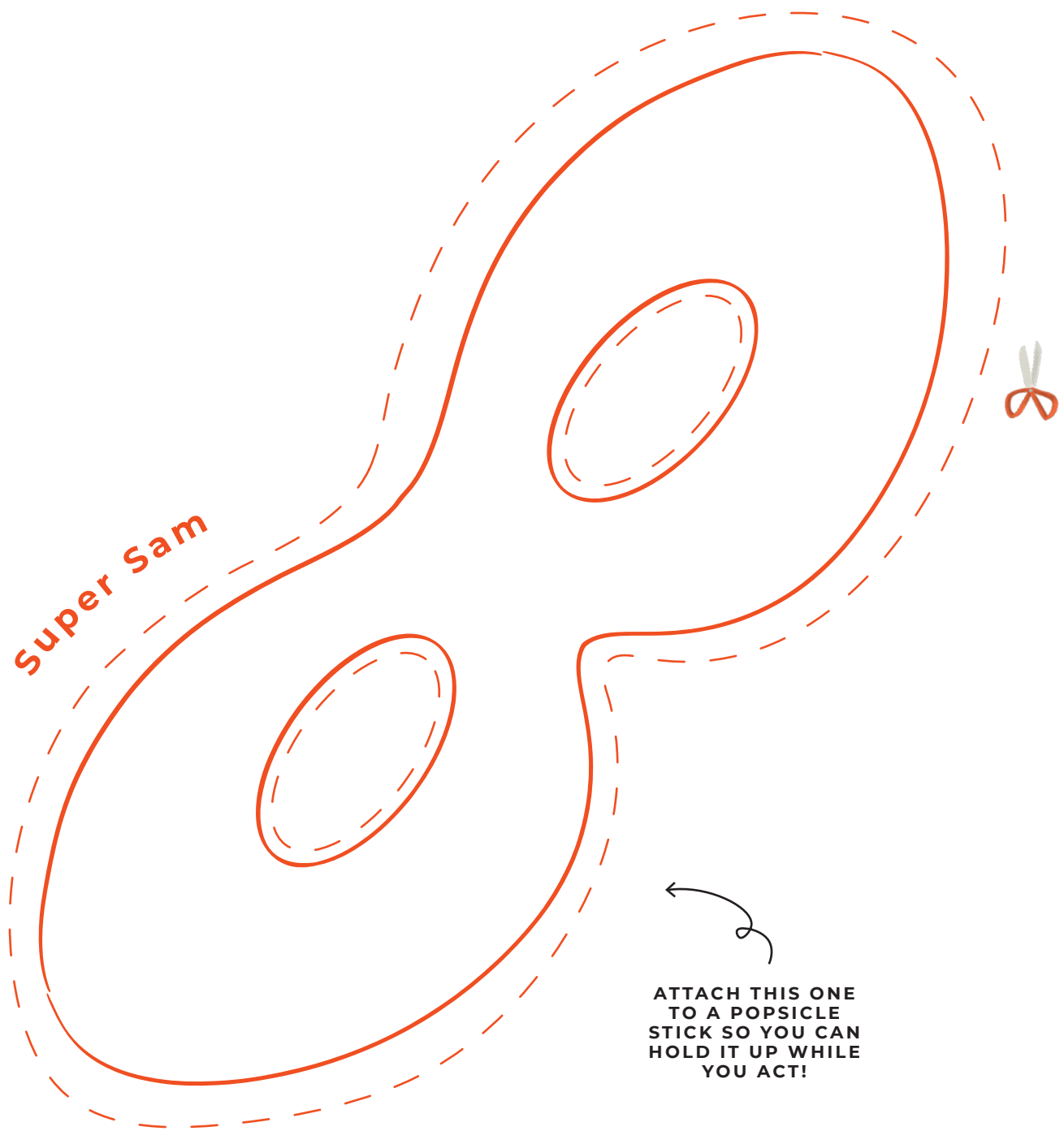
Sam: *flexes his muscles* Being assertive is my superpower!

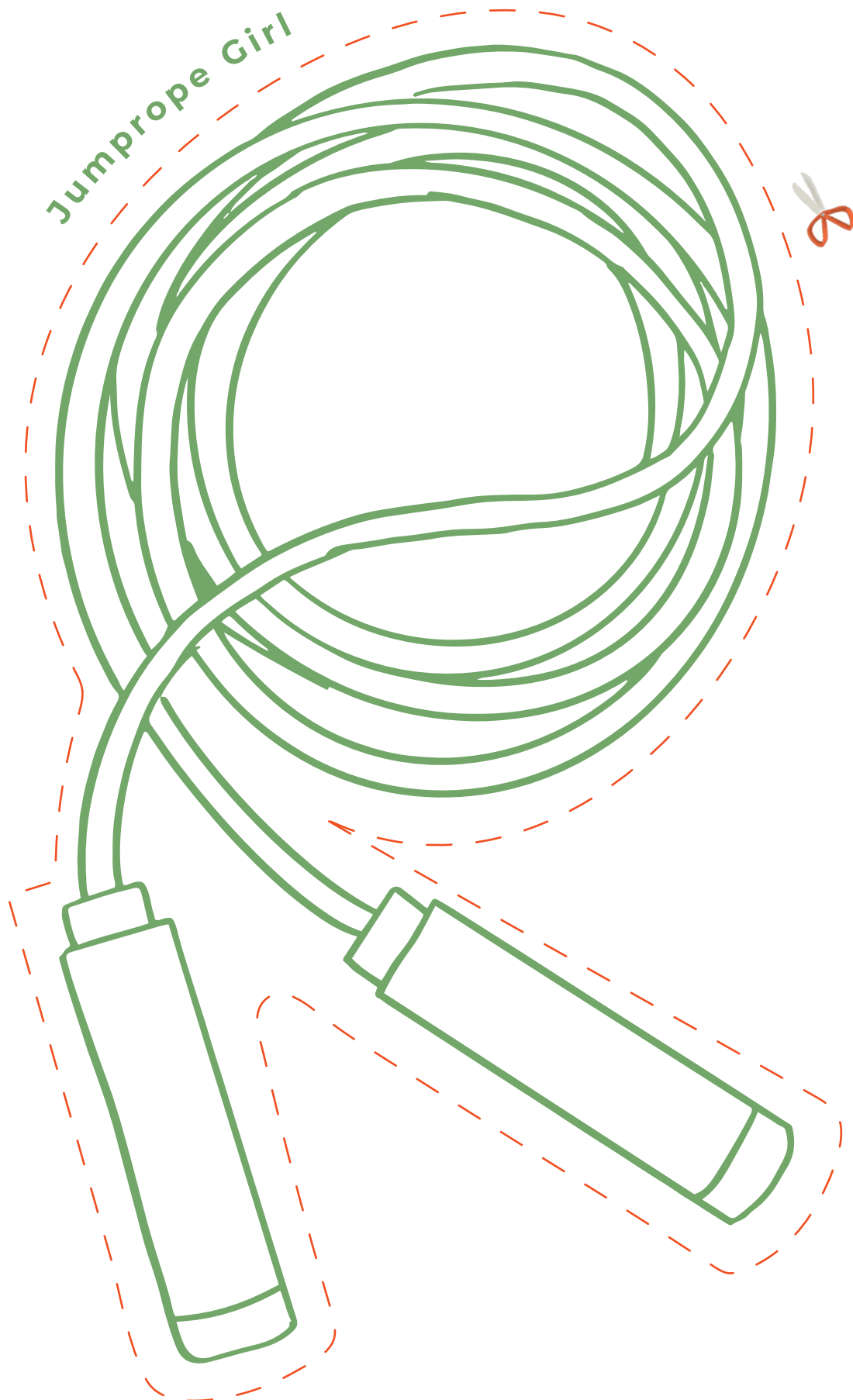




Lemonade Kid







Let's Discuss!



IMPORTANT DISCUSSION: There are going to be times when you want to say “No!” but it’s not because you are unsafe. It’s because your mom has asked you to clean the bathroom.

- When is it okay to tell an adult “No!”? Decide this as a family.
- Is it okay to share your feelings, even if people aren’t going to like them?
- Should you do things that you don’t like to do? What kinds of things would that be?



being assertive
is my
superpower!



PUT THIS SOMEWHERE AS A REMINDER!



Simply on purpose

Role Plays



Pick one to act out at the dinner table or in the car.



Make a role play night of it! Put all the ideas in a jar and take turns picking.

"I" statements are a good way to avoid blaming others and to be clear on what you would like to stop or what you would like to have happen.

"I don't like..."

"I feel..."

"I would like to..."

"I need..."

Try using **I statements** to help you be assertive as you role play!

A friend or sibling is teasing you and you want them to stop.

You are playing at a friend's house and they want you to do something you are uncomfortable with.

At the park, another kid has been playing with your toy and you would like it back.

You have 2 friends playing and they won't agree on what to play.

You don't understand the instructions that your teacher gave you.

You really, really want a trampoline but you are pretty sure your parents will say no.

You need to go to the bathroom but don't know where one is.

You see some kids playing a fun game and want to join in.

You forgot something at practice and need to ask your coach if they have seen it, but they are talking to another coach.

At a family meeting you keep getting interrupted and haven't been able to say what you want to say.



Your sibling promised to let you borrow something, but when you mention it they pretend to forget and say no.

You overhear one of your friends talking badly about one of your other friends.

You don't like the way your Aunt or Uncle is trying to tickle you.

You got lost from your parent at the grocery store.

The movie you are watching is scary and you don't want to watch it anymore.

You don't want to give a hug to Grandma when she asks.

You have a great idea and want to share it with your parents but they are busy.

You lent a friend a dollar last week and they have not paid you back.

Your friend's brother is driving you all to an activity and they are playing music with bad words.

You see someone taking something that does not belong to them.

Now think of a time or two when it is difficult for you to stand up for yourself and write your own. Role play those ones too!

Activity: Write Your Origin Story!



15 minutes



pages 16-20 printed out
glue
scissors

Every superhero has an origin story.

And so do you! Your story is full of many brave acts - each time you learned a new skill or did something for the first time, you used courage! This is the same courage you'll need when you stand up for yourself in tricky situations. Use the following pages to create a timeline of your story. Include the brave things you've already done and some you hope to do in the future.

MORE WAYS TO HAVE FUN!

IDEAS TO EXTEND YOUR LEARNING

- Do an art project! Art is a way of expressing yourself that requires you to be brave. As you create, worry less about how it will look in the end or what others will think of it and more about how you feel while you make it.
- Play a game that requires you to be silly or bold in front of people you trust, like your family members. Try charades or even take turns performing a goofy dance! Practicing confidence at home will help you have more of it everywhere else.



DID YOU KNOW?

MOST OF THE MESSAGES THAT WE SEND TO SOMEONE ARE NOT THROUGH OUR WORDS, BUT THROUGH OUR BODY LANGUAGE! TO SHOW HOW CONFIDENT YOU ARE, TRY THESE 3 THINGS:

1. MAKE EYE CONTACT
2. STAND UP STRAIGHT
3. FACE PEOPLE WHEN THEY ARE TALKING TO YOU.

Tell Your Origin Story

A superhero's origin story tells how a hero gained their powers and found their reason for standing up for right. You have a similar kind of story!

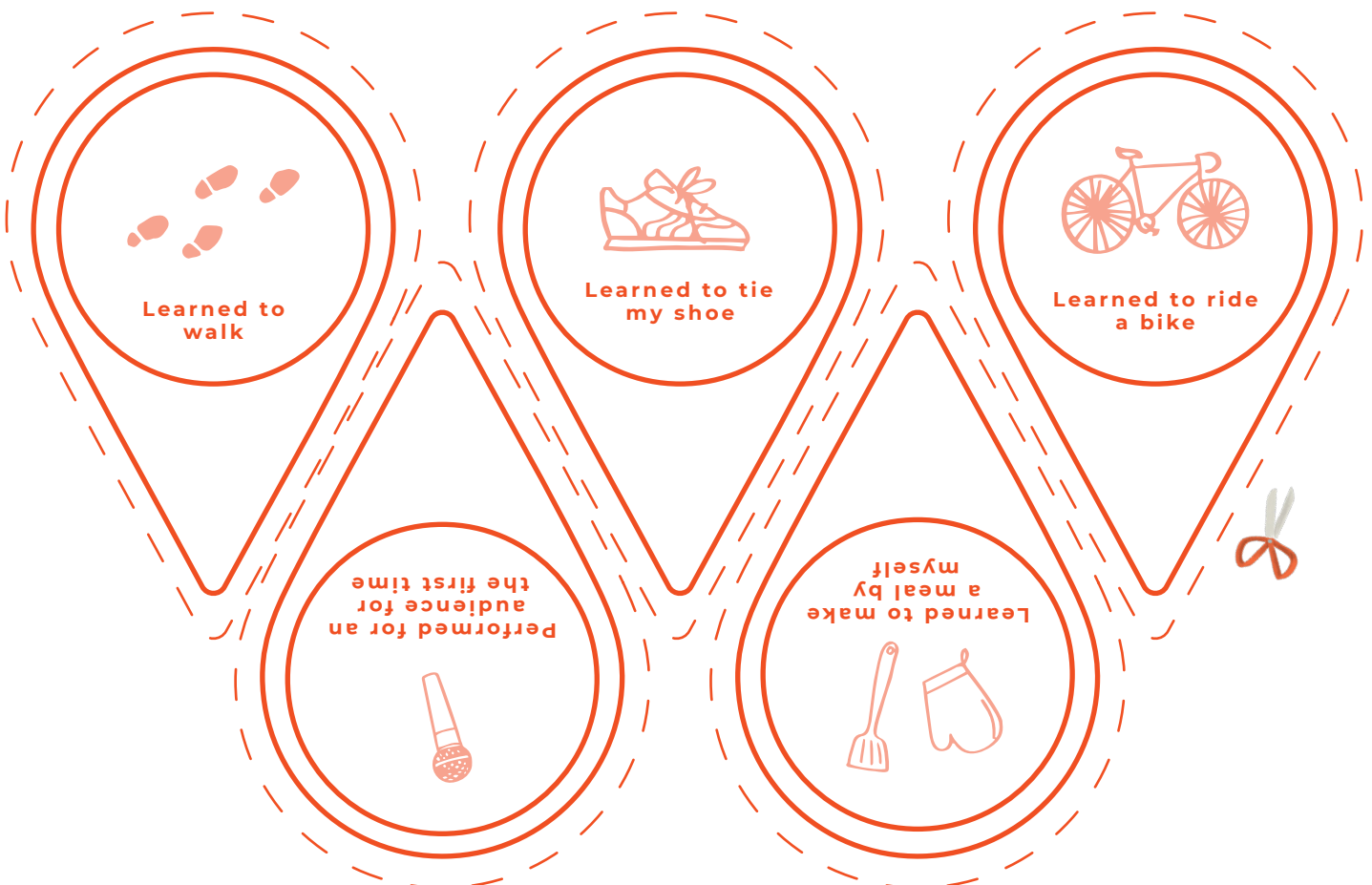
Directions:

Step 1: Piece the timeline on pages 18-20 together.

Step 2: Cut out the markers and glue them in place where they go in your story (near the age where they happened for you). If you don't know exactly when something happened, that's okay - just make your best guess! Include both things you have already done in the past and things you one day hope to do in the future.

Step 3: Use the blank pieces to create markers for things that aren't already on here.

Knowing your story will help you have the confidence to do more brave acts in the future!



My first airplane ride

Played on my first team

Got my driver's license

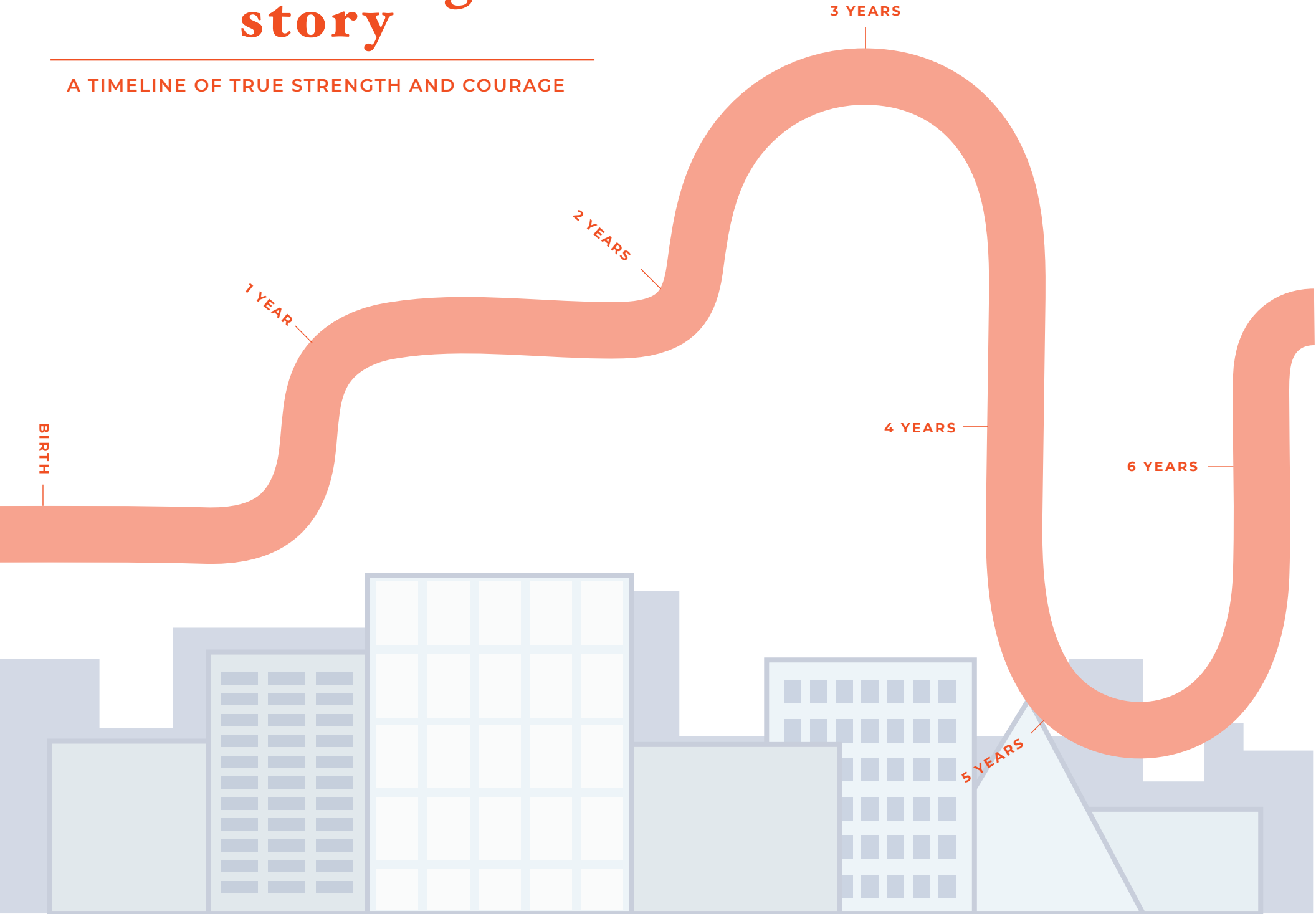
Learned to swim

Earned a dollar (or more!) for the first time

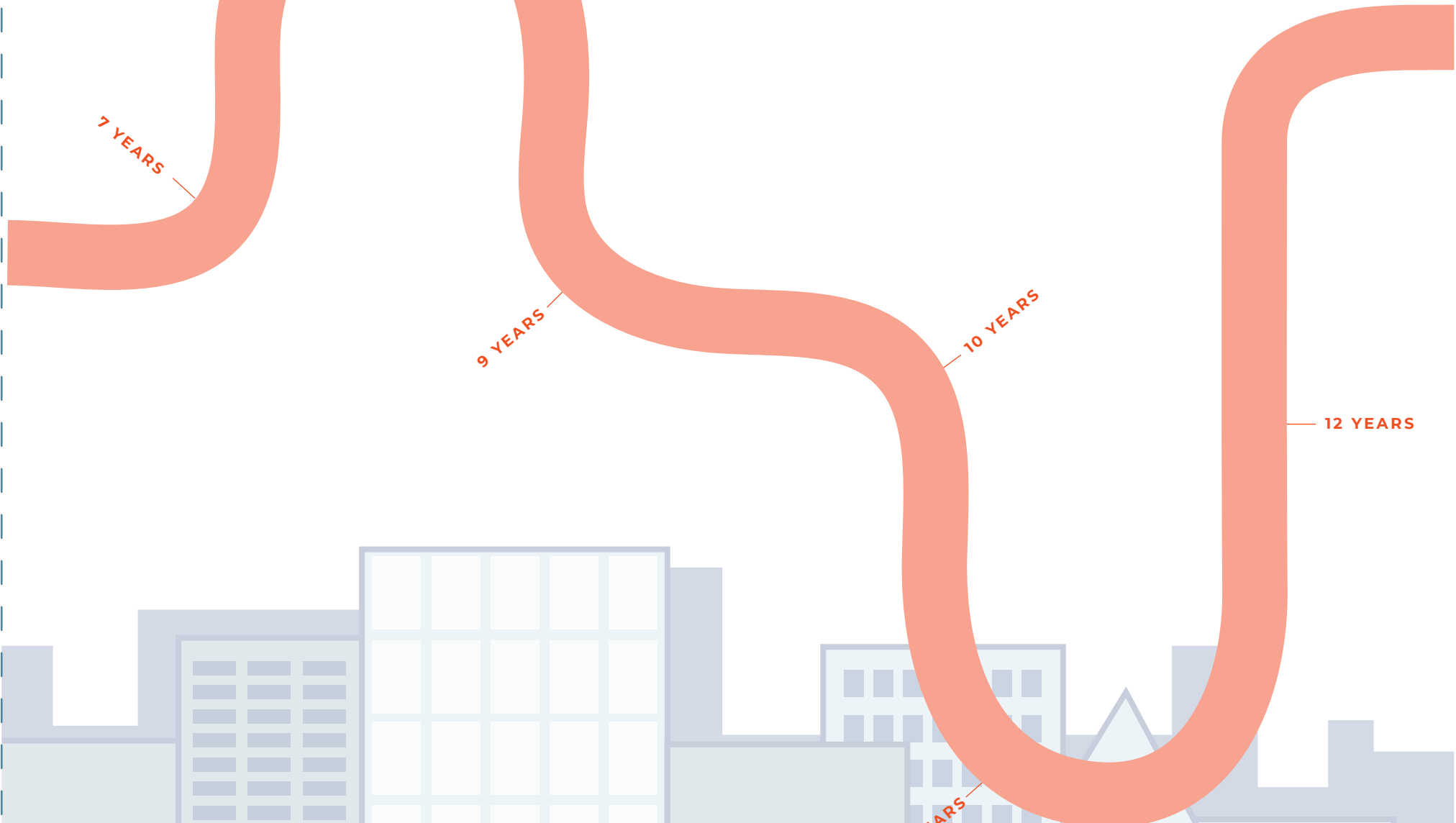
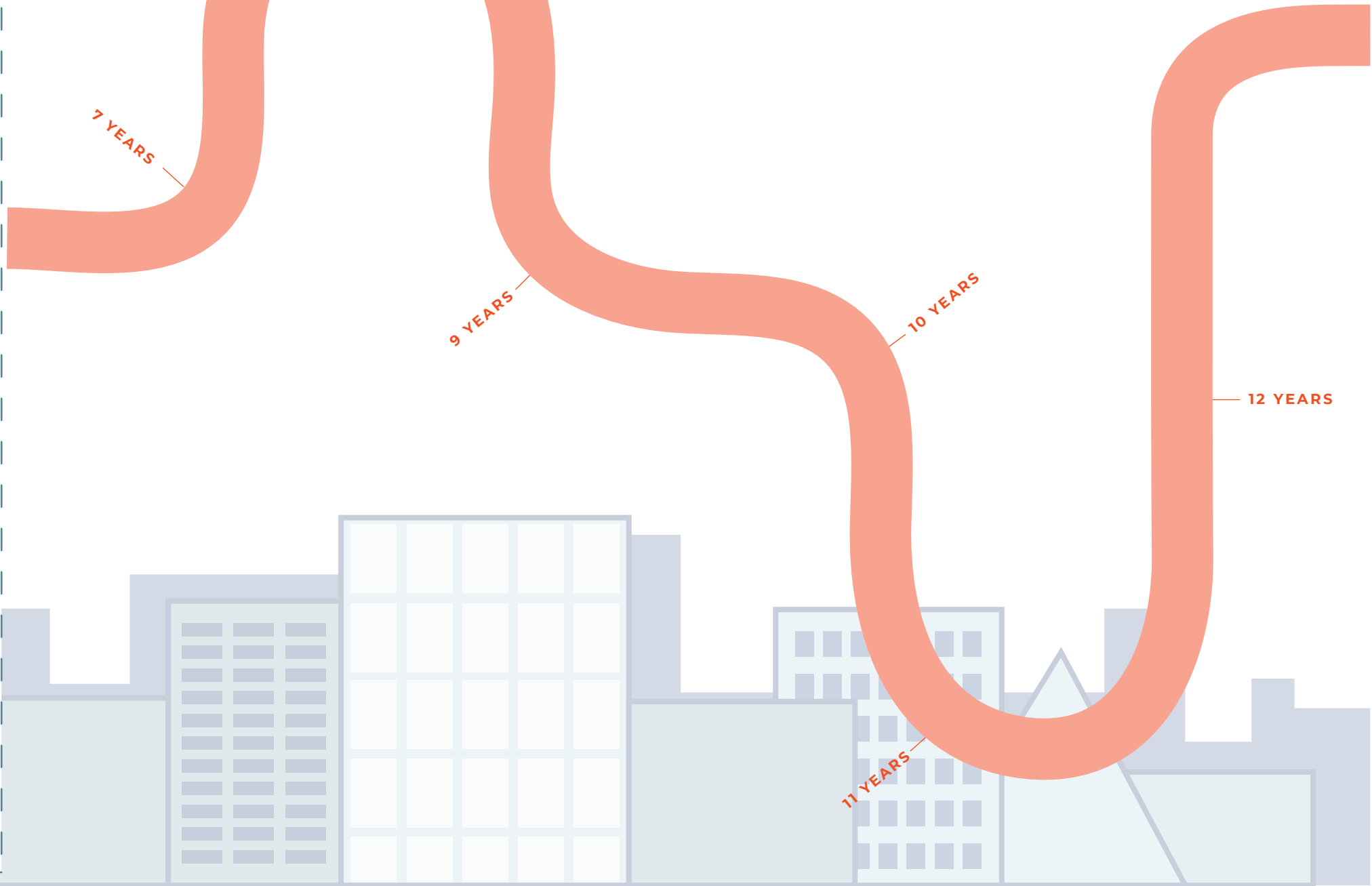
WHAT OTHER TIMES
HAVE YOU USED
YOUR COURAGE TO
DO SOMETHING NEW
OR DIFFICULT?
WRITE YOUR OWN
AND ADD THEM TO
YOUR TIMELINE!

_____ 's origin story

A TIMELINE OF TRUE STRENGTH AND COURAGE



PUT GLUE IN THIS BOX AND ATTACH IT TO THE PREVIOUS PAGE TO COMPLETE THE TIMELINE



7 YEARS

8 YEARS

9 YEARS

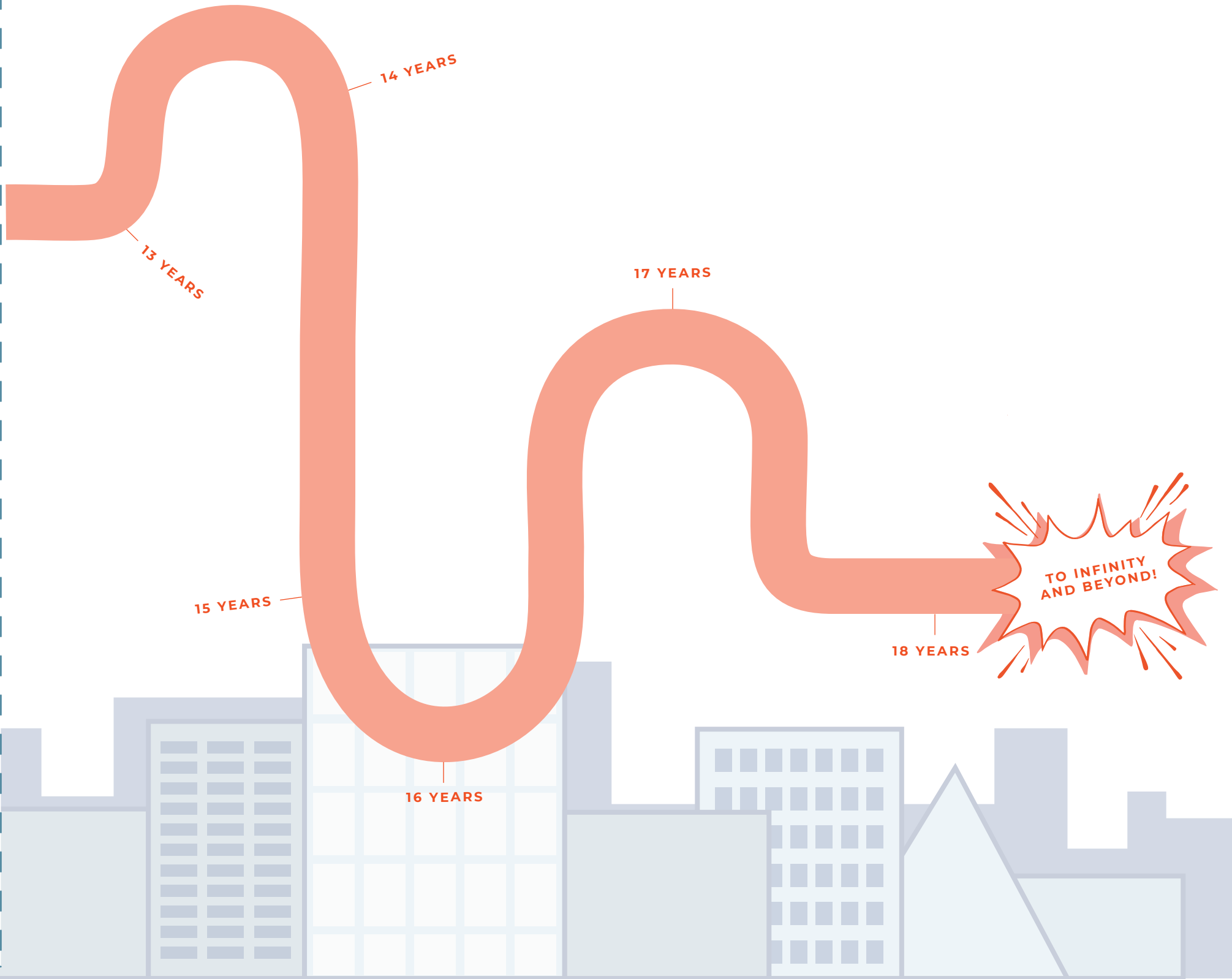
10 YEARS

11 YEARS

12 YEARS



PUT GLUE IN THIS BOX AND ATTACH IT TO THE PREVIOUS PAGE TO COMPLETE THE TIMELINE



If you enjoyed this resource, you might also like...

CLICKABLE
LINKS!



Growth Mindset

Having a growth mindset means you are more likely to embrace challenges, to learn from failures and mistakes, and pursue your goals. This two-page printable includes examples of a fixed vs. growth mindset and changes you can make to encourage growth mindset in yourself AND in your child.



Teach Your Child Courage

This comprehensive guide will empower you to teach your child the value of Courage. The 18 page collection features simple, but effective ideas to help parents intentionally incorporate teaching this important value in their homes.



The Kindness Jar

This simple system turns the momentum around in your home and shows children how service can create positive feelings. This printable includes instructions on how to teach your children and set up this system in your home, tips for success, and even some service ideas to get you started!





teach me how

HELPING
LITTLE PEOPLE
BECOME THE
BEST KIND OF
PEOPLE