

## Directions

1. Decide who will be Partner A and who will be Partner B. If you are Partner A, read the first scenario out loud.
2. Partner A listens as Partner B practices a Way to Calm Down and an assertive statement in response to the scenario.
3. Switch parts and repeat the directions above for the next scenario.
4. If there is time, write your own scenario and repeat the directions above with your partner.

## Scenarios

### The haircut

You just got your hair cut. It's a little short, but you still like it. During recess, you hear a classmate making insulting comments about your new haircut.



1. Choose and practice one or more of the following Ways to Calm Down:

Breathe    Count    Use positive self-talk

2. Choose one of the following statements and practice doing or saying it with your partner:

Ignore the comments and turn away.

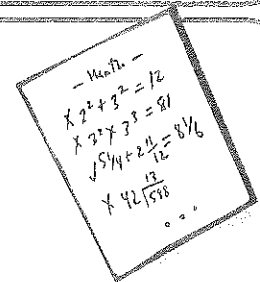
Say, "Stop it. I don't like that."

Say, "That's your opinion. I like my haircut."

Say a different assertive comment: \_\_\_\_\_

### The test

You studied really hard for a math test. When you took the test, you raced through it. When you got the test back, you realized you made several careless mistakes. A classmate is making fun of you for not doing well on the test.



1. Choose and practice one or more of the following Ways to Calm Down:

Breathe    Count    Use positive self-talk

2. Choose one of the following statements and practice doing or saying it with your partner:

Ignore the comment and turn away.

Say, "Stop it. I don't like that."

Say, "I made some mistakes. So what?"

Say a different assertive comment: \_\_\_\_\_

### Your own scenario

1. Choose and practice one or more of the following Ways to Calm Down:

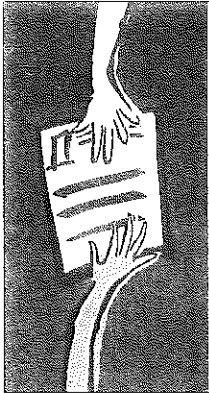
Breathe    Count    Use positive self-talk

2. Choose one of the following statements and practice doing or saying it with your partner:

Ignore the comment and turn away.

Say, "Stop it. I don't like that."

Say a different assertive comment: \_\_\_\_\_



Name: \_\_\_\_\_

How do you feel when someone puts you down? Sometimes when people say mean, disrespectful, or hurtful things to you they can make you feel sad, unimportant, small, bad, and even angry. It can be difficult to handle put-downs when you're feeling any of these strong emotions. With an adult family member, practice handling put-downs using the Ways to Calm Down.

**The shoes**

Your cousin just gave you a pair of shoes. You really like them, even if they're a little too big. Someone makes an insulting comment about them.

Practice all of the following Ways to Calm Down with your adult:

- Deep, centered breathing
- Count in your head
- Use positive self-talk

I would say to myself: \_\_\_\_\_

Think of an assertive statement to say in response to the put-down, then practice saying it to your adult.

When you can't get someone to stop putting you down, you need to ask an adult for help. Practice asking your adult for help with the situation in the shoes scenario.

**Your own scenario**

Practice all of the following Ways to Calm Down with your adult:

- Deep, centered breathing
- Count in your head
- Use positive self-talk

I would say to myself: \_\_\_\_\_

Think of an assertive statement to say in response to your scenario, then practice saying it to your adult:

Any time you can't get someone to stop putting you down, you need to ask an adult for help. Practice asking your adult for help in this situation.

|   |                   |
|---|-------------------|
| This homework assignment was completed on _____ | _____             |
| (DATE)  | (ADULT SIGNATURE) |