

TALKING MENTAL HEALTH

Mental and behavioral health activities worksheet

Learning how to be assertive

Being assertive means standing up for yourself and advocating for what you need in a respectful way. Learning how to be assertive helps a child build safe relationships, positive self-esteem and learn to express how they feel. In this activity, help your child identify what each child may be thinking or feeling and discuss how assertiveness could help in the situation.

Guiding your child through the activity

- Begin by asking your child what they think is happening in the picture.
- Ask your child what they think each child in the picture may be thinking or feeling.
- Discuss how your child may handle this type of situation (where others are laughing at them).
- A key part of being assertive is using “I” statements. “I” statements can help a child express how they feel, what they would like, what they think and need. For example, “I feel _____ when you _____. I need you to _____.”
- Using a confident voice (not too loud and not too quiet) and looking at people’s eyes is another important part of being assertive when you speak.

Things to try every day

- Practice these skills with your child by having them use their confident voice and by making “I” statements.
- Discuss why learning how to be assertive is important and that doing things like yelling or hitting will not solve the issue.

A different perspective



Parent reflection

What is something I learned about myself and/or my child after completing this activity?