



Session 5: Skill of Assertiveness, Power of Attention

E-Course/Mini-Poster



What you focus on, you get more of.

Assertiveness is essential for setting effective and respectful limits.

Assertiveness Requires:

- Focusing on the behavior we want to see:
“Stop running.” “Walk.”
“Don’t be so loud.” “Match your voice to mine.”
- The intention of helping children be successful:
Teach instead of punish.
- A tone of voice that has no doubt in it:
Speak in the same matter-of-fact voice you would use to say, “The sky is above me.”
- Words and hand motions that clearly tell what to do with Name, Verb, Paint:
Name: “Caitlin,”
Verb: “Put...”
Paint: “...the block in the box,” while pointing first to the block and then to the box.



Remember to S.T.A.R.:

Smile,
Take a deep breath
And
Relax!

Three deep belly breaths
calm your brain and body.

My personal commitment:

I am going to _____