

ASSERTIVE COMMUNICATION FOR CONFLICT RESOLUTION



Grades 4-7

Arts Education & Physical and Health Education

Purpose of the Lesson:

Assertive communication is the healthiest type of communication. You are able to explain what you need and what you want, while considering the feelings and needs of others. In this lesson, students will learn what assertive communication is and how to make it easier through an educational video. They will then complete a worksheet where they compare assertive, passive and aggressive communication. They will then complete a creative project where they will solidify their knowledge of assertive communication, be creative, and learn to work effectively in a group.

Curriculum Competencies:

Arts Education

- Create artistic works collaboratively and as an individual using ideas inspired by imagination, inquiry, experimentation, and purposeful play (Grade 4 & up)
- Express, feelings, ideas, and experiences in creative ways (Grade 4)
- Express, feelings, ideas, and experiences through the arts (Grade 5 & up)
- Use elements of drama: character, time, place, plot, tension, mood and focus (Grade 4 & up)

Physical Education

- Describe and assess strategies for promoting mental well-being (Grade 4 & up)
- Describe and assess strategies for promoting mental well-being, for self and others (Grade 4 & up)
- Describe and assess strategies for promoting mental well-being (Grade 4 & up)
- Analyze and describe the connections between eating, physical activity, and mental well-being (Grade 4 & up)

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First Peoples Principles of Learning:

- Learning involves patience and time.
- Learning requires exploration of one's identity.

Video:

"Communicate Assertively": link [HERE](#)

Guiding Questions:

- What are the 3 types of communication?
- What is assertive communication?
- What is passive communication?
- What is aggressive communication?

"Assertive Communication": link [HERE](#)

- **Guiding Questions:**

- What are some examples of when we would need to use assertive communication?
- What is the difference between being assertive and being aggressive?
- What possible benefits do you see of assertive communication?
- What does the video say about what makes learning to use assertive communication easier?

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Step-by-Step Lesson Plan

Preparation: Print off the Assertive Communication Worksheet.

1. Watch Video 1 “Communicating Assertively”. Find in [HERE](#). Pause the video and use the Guiding Questions to spark discussion.

2. Watch Video 2 “Assertive Communication.” Find in [HERE](#). Pause the video and use the Guiding Questions to spark discussion.

3. Use the worksheet below to go over the difference between assertive, aggressive, and passive communication. Before having students fill out the sections with examples, go over some possible scenarios where they could use assertive communication. Talk about how assertive communication can help in conflict situations.

■ Possible scenarios:

- Your teacher is giving you too much work and you feel like you can't keep up.
- Your friend never responds the way you want them to when you are feeling sad.
- Your parent(s) or caregiver doesn't give you any privacy when you are hanging out with your friend.
- Your sibling isn't giving you personal space and spies on you and your friends.
- A friend asks you to do their homework for them, and this makes you uncomfortable.

4. Follow-up Activity: This activity follows the curriculum of Arts Education. Students will be put into groups of 2. They will write and perform a short theatre skit about assertive communication. They will pick 2 conflict situations and act out scenarios that represent how the scenarios would play out using aggressive, passive, or assertive communication.

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Assertive Communication Worksheet

Use this worksheet to learn the difference between passive, aggressive, and assertive communication. Complete the descriptions of the types of communication and give examples by drawing a situation.

Passive Communication

What is it?

Draw an example of a situation where a character is using passive communication. Use speech bubbles like it is a comic.

1.

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Aggressive Communication

What is it?

Draw an example of a situation where a character is using passive communication. Use speech bubbles like it is a comic.

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Assertive Communication

What is it?

Draw an example of a situation where a character is using passive communication. Use speech bubbles like it is a comic.