

Brief Daily SEL Activities

COMMUNICATION

DAY 2

There are three ways people can communicate with each other: passive, aggressive, or assertive. Most people use all three ways at different times.

Assertive communication is usually best.

When you communicate **passively**, you may say you agree with someone when you don't. You let other people make the decisions even when you don't want them to.



When you communicate **aggressively**, you might hurt others, argue, or put someone down. You say something without thinking about others' feelings.



When you communicate **assertively**, you are honest, kind and constructive. You try to be honest without hurting someone's feelings.

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Cover One Topic Each Week

COMMUNICATION

DAY 3

Sometimes it can be hard to know how to say what you want to say. You can learn ways to speak up, disagree respectfully, and share how you feel.

You can practice statements to communicate what you feel, think, and want.

I feel statements come in handy when you have an argument with someone. It doesn't blame them, rather it tells them your side and why you feel that way.

I think statements allow you to share your thoughts or disagree respectfully. You can say, "I hear you. I think that ..."



I need/want statements help you speak up for yourself. You share what would be helpful for you.

"I need an extra snack because I get hungry in the afternoon."

"I want to quit playing the piano because I don't like it anymore."

COMMUNICATION

Day 4

Describe a time someone said something to you that you wish they didn't.



THINK ABOUT IT



Think Questions

LET'S TRY IT!



Think It or Say It?

Circle ones you should only think to yourself.

Underline things you would say out loud.

Put a question mark ? next to ones you aren't sure about.

I saw the best movie this weekend

I heard that Jenna failed the math test.

Where did you get your shoes?

I hope Kiki doesn't throw up on the bus again.

I can't wait to go to your birthday party.

Eww, why does your lunch smell like that?

I love your new haircut.

This substitute is the worst.

This is boring.

COMMUNICATION

DAY 1

Communication is an important part of our relationships. In relationships, it is important to share what you think and feel.

Good relationships need good communication.

There are 3 ways to communicate: passive, aggressive, and assertive. Assertive communication helps you share what you feel clearly and respectfully.



Sometimes it can be hard to know how to say what you want to. I-Messages are really useful when you want to tell someone how you feel.



Part of good communication is not sharing everything you think. You consider others and how sharing would impact them.

Do you use good communication skills?

COMMUNICATION

Day 2

Describe when you have used more passive communication. Why?



THINK ABOUT IT

LET'S TRY IT!



Write how to respond to Miriam using passive, aggressive, and assertive communication.

Situation: Miriam took some of your snack without asking. How do you respond?

Passive

Aggressive

Assertive

Blank box for writing a passive response.

Blank box for writing an aggressive response.

Blank box for writing an assertive response.

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All Activities in Google Slides™

DAILY SEL

Communication Teacher Guide

This set of daily SEL activities will help students learn about communication. Over five days, students will learn about communication styles, I-messages, and when to share.

Day 1

- **Key Point:** Communication is an important part of our relationships. In relationships, it is important to share what you think and feel.
- **Think Question:** Describe a time that you and a friend had a miscommunication.
- **Student Activity:** Sort passive, aggressive, or assertive communication.

Day 2

- **Key Point:** There are three ways people can communicate with each other: passive, aggressive, or assertive.
- **Think Question:** Describe when you have used more passive communication. Why?
- **Student Activity:** Write passive, aggressive, and assertive statements in response to a situation.

Day 3

- **Key Point:** You can learn ways to speak up, disagree respectfully, and share how you feel.
- **Think Question:** Why does how you say something matter?
- **Student Activity:** I feel statements to handle situation with a friend.

Day 4

- **Key Point:** You can decide whether you should just think something or say it.
- **Think Question:** Describe a time someone said something to you that you wish they didn't.
- **Student Activity:** Think it or say it activity.

Day 5

- **Key Point:** Tips for using strategies and wrap up.
- **Think Questions:** Questions focused on what they learned this week.
- **More?:** Anything else they want to learn and self-rating if they found the topic helpful.

Some activities have a rating scale. Students can use this to rate how they enjoyed the activity or whether they found it useful.

