

# Story Card



Avery



Florian



Miss Kuma

## Everything takes practice!

And that includes learning how to be assertive – how to speak up. It may come easier for some than it does for others, but it's a very important life skill that we can all develop. Episode 10 will help to show you how.

### Episode 10

## **Build a Bear**

### **Learning to be Assertive**

#### **Gemma**

Gemma is a bit shy, and hats off to her for wanting to learn how to speak up more often. She does what a lot of us should do when we want to learn something new: find someone who does it well and ask for their help.

#### **Avery**

Avery may seem a bit loud, but when you have nine brothers and sisters a little volume is certainly needed. Avery has had more practice than Gemma, and he is a good friend who is willing to help.

#### **Florian**

This little possum probably needs to cut down on his sugar intake a bit. He can get caught up in the moment, but his heart is in the right place. Now if we can just get him to actually stay in one place for more than two seconds.

#### **Miss Kuma**

First impressions aren't always the best impressions, and Miss Kuma is a great example of that. We wish everyone would be nice to us right away, but a little kindness – and a little assertiveness – on our part can be the first step to making a new friend.

# Cartoonversation™ Card Episode 10

## Build a Bear Learning to be Assertive



Gemma



### Five Websites

For more information on learning to be assertive, visit these websites.

1. psychcentral.com
2. pbs.org
3. afineparent.com
4. todaysparent.com
5. kellybear.com

### Five Cartoonversation™ Starters

1. Can you think of a time when you wanted to speak up but didn't?
2. Where could you practice being assertive without feeling too nervous?
3. What are some differences between being assertive and being bossy?
4. Do you think it's important to learn how to say no in certain situations? If so, can you share some examples?
5. Do you know someone who is good at being assertive? If so, what makes you think they are assertive?

### Five Factoids

Assertive kids often find it easier to...

1. Build up stronger relationships
2. Respond to bullying in a healthy and productive way
3. Understand and appreciate their own feelings
4. Speak up for themselves and the people they care about
5. Develop stronger self-esteem