

How we approach problems with other people

The SHARK

Aggressive, goes for what they want but sometimes hurts others on the way.



Behaviours can be yelling, standing close to others, threatening, kicking, punching, hitting.

The JELLY FISH



Back down, lets others get their own way, doesn't look after their own feelings.

Behaviours can be speaking quietly, sulking, whingeing, whining, crying

The DOLPHIN

Assertive, copes with problems in a calm and confident way, looks after their own feelings without hurting



Behaviours can be confident body language (head up, shoulders back, eye contact), clear voice, able to negotiate

Scenario 1: Homework Dad from Hell!

You got home from school and you are sitting in your room “chilling out”. You are just about to start getting organised to start your homework. Then your Dad comes in and in accuses you of mucking around and wasting time. He yells at you to start your homework.

Scenario 2: Cubbyhouse hogger!

Some kids from school found a tree in the playground that makes a perfect cubby house. One of the kids, Stephanie, says that only the kids who found it are allowed to play in it. It is really cool and you want to play there too, along with some other friends.

Scenario 3: Cheating neighbour!

Whenever you are playing Uno with your neighbour, Ben, he changes the rules of the game. For example, sometimes he lets you pick up cards and then put them down again and sometimes he doesn't. He always wins and is a few years older than you.

Pick one and answer the following questions.

How would a SHARK react?

How would a JELLY FISH react?

How would a DOLPHIN react?

How would you react?

Think about...

- What did you do well?
- What could you have done better?
- How do you feel?
- How do you think the other person would feel?