

How can we be assertive?



! Read the sentences and make a **tick** next to the
assertive situations.

Fernanda doesn't let Miriam play her game because
she is angry at her.

Pamela asks "Marco, would you please stop pushing
me?"

Camila pushes Tom because he was not being nice to
her.

Luciana asks Joaquín to be nice to his friends.

Mauricio is angry at Carlos, so he pushes him.

Carolina is angry and yells at everyone in the class.

Assertive communication is

the best way to communicate,

to let others know how are you feeling

and what do you need from them.

REMEMBER



