**VICTORIOUS PRIMARY SCHOOL**

**LIFE SKILLS LESSON NOTES FOR P.4 TERM THREE, 2017**

**LIFESKILL: ASSERTIVENESS**

**LESSON 1: WEEK 2**

**CONTENT**

**ASSERTIVENESS**

- Assertiveness is a situation of being of being sure about what one feels or thinks and being confident to express it.

- Being assertive is saying what you feel and think.

**Situations that require assertiveness**

**(When to say what I feel and think)**

1 – Day to day interactions with people.

We meet different people at home and school but we should learn how to tell them what we feel and think clearly and politely.

2 – Peer pressure – Peers are children of our age.

3 – Physical and emotional abuse – People harm or injure children by beating them or abusing them. We should let such people know how we feel and think.

4 – Conflict resolution (solving disagreements or arguments).

When you disagree you should take time to talk, agree and be friends again.

**Activity**

In pairs, talk about a time when your friend did something that you did not like or that you did not agree with.

1. How did you feel about what happened?

2. Share what happened when you told your friend how you felt and what you wanted.

**LESSON 2**

**TOPIC: ASSERTIVENESS**

**CONTENT**

**Points to consider in assertiveness**

**(How to say what I feel and think)**

* Speaking clearly and timely
* Speaking in a polite way
* Listening carefully and taking turns to speak.
* Respecting what the other person says.
* Looking at the other person (Eye contact)
* Body language
* Repeating a word or statement when necessary

**Activity**

Acting a dialogue on how to say what I feel and think.

(Practicing reading a conversation between Mrembo and Ndemi)

**LESSON 3**

**TOPIC: ASSERTIVENESS**

**CONTENT**

**Importance of assertiveness**

**(Why it is important to say what I feel and think)**

* Assertiveness builds self confidence.
* Assertiveness helps us to solve risky situations.
* Assertiveness helps us to clarify issues.
* It gives others an opportunity to know him / her.

**Activity**

Imagine that you are walking home with your friend. You see a dog in the distance. You want to turn back. Your friend tells you to stop being a coward and threatens to stop being your friend if you turn back. As you get closer to the dog, it gets up and starts running towards you, barking loudly.

**Questions**

1. What do you think will happen?

2. What do you think you should have done?

**LESSON 4**

**TOPIC: ASSERTIVENESS**

**CONTENT**

**Values that help me to say what I feel and think.**

* Honesty – Always saying the truth. Having integrity and solving issues fairly.
* Respect – Treating people equally no matter the age, money and education.

Respecting elders.

* Humility – Being humble as you say what I feel and think.
* Simplicity – This helps you to e simple in the way you express yourself. It also helps you not to be hard on other people.

**Note:** These values help us to express ourselves clearly and firmly.

**Activity.**

-Singing a religious song

- Praying for God to give us the values.

**LESSON 5**

**TOPIC: CONFLICT RESOLUTION AND NEGOTIATION**

**CONTENT**

When people do not agree about something, this is a disagreement.

**Things that make people disagree**

* Sharing of things unfairly
* Not doing work that you have been given.
* Not respecting other people’s rights. (violation of human rights)
* Thinking that other people are not good.
* Disobedience
* Not having good relationship with others.

**Activity**

1. Think about a time when you disagreed with someone.

a) What did you disagree about?

b) How did you feel?

c) How did you solve the disagreement?

**LESSON 6**

**TOPIC: CONFLICT RESOLUTION AND NEGOTIATION**

**CONTENT**

When people do not agree about something, this is a disagreement.

**Effects of disagreements that are not solved.**

**(Effects of unresolved conflicts)**

* Staying away from school without permission (Truancy)
* Dropping out of school
* Fighting
* Being forced out of home.
* Destruction of property.
* Insecurity
* Worry and stress
* Displacement
* Killings

**Activity 1**

1. Think about a time when there was a disagreement in your community. What bad things happened before it was solved?

**Activity 2**

Read this newspaper story.

A three – month old baby died after he was hit on the head with a stone.

The baby’s mother was selling vegetables at the roadside as the baby slept on her back.

Suddenly, two young men started fighting nearby. One of the young men picked up a stone and threw it at the other young man. The other man quickly moved to the side. The stone hit the baby.

The mother rushed the baby to the hospital but the baby died two hours later. The police arrested the young men and took them to the police station.

**LESSON 7**

**TOPIC: CONFLICT RESOLUTION AND NEGOTIATION**

**CONTENT**

**Skills that help us to solve disagreements peacefully**

Understanding ourselves (self awareness)

Feeling good about ourselves (self esteem)

Saying what we feel and think (assertiveness)

Communicating well with other.

Convincing others to agree with us.

Talking clearly about the problem.

Making good choices.

Thinking of different ways of solving a disagreement.

**Activity**

Read the story and answer the questions.

Nasiyeku borrowed a ball beonging to Boyani’s brother last week. Boyani’s brother wants the ball but Nayiseku does not know where it is. Boyani’s brother is very angry. HE wants his ball.

**Question.**

What are the different ways in which Nayiseku can solve the disagreement?