



Contents



TEACHER GUIDE

- Assessment Rubric 4
- How Is Our Resource Organized? 5
- Bloom’s Taxonomy for Reading Comprehension 6
- Vocabulary 6



STUDENT HANDOUTS

READING COMPREHENSION

- Assertiveness & Equanimity 7
- Collaboration 7
- Risk vs. Reward 7
- Decision-Making & Problem Solving 7
- Coping Skills 7
- Being a Responsible Digital Visitor or Resident 7
- Hands-on Activities 13
- Crossword 17
- Word Search 18
- Comprehension Quiz 19



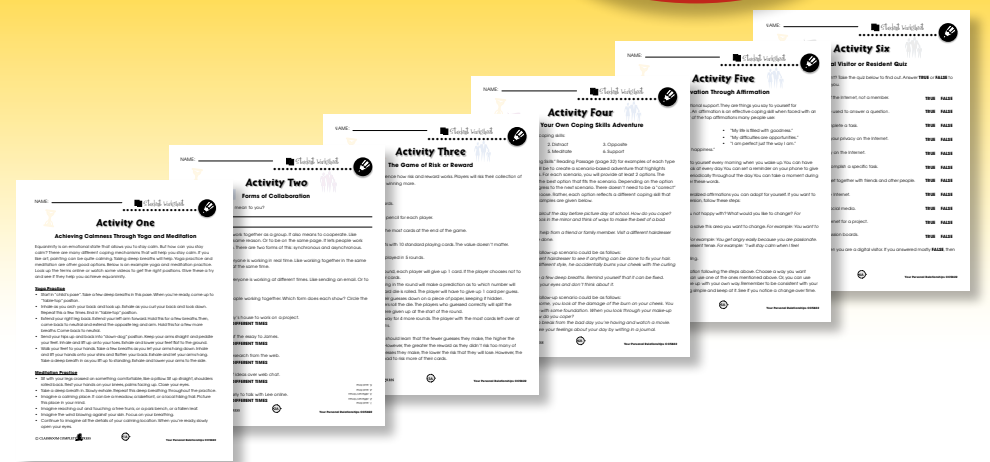
EASY MARKING™ ANSWER KEY 21

MINI POSTERS 23

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Assertiveness & Equanimity

1. Souta is making weekend plans with his friends. He wants to go bowling. His friends all want to do something else. They all went bowling the weekend before and want to try something new. Audrey suggests playing mini putt. Souta tells her that's a dumb idea. He tells the group they are going bowling.



Is Souta passive or aggressive? Passive Aggressive

Explain how.

2. Hala and Isaac work together. Isaac is feeling sad. His cat just died. His co-workers chip in to get him some flowers. Hala doesn't want to sign the card. She doesn't like cats. She doesn't understand why he's upset over a pet. Does Hala have empathy? Why or why not?

3. Complete each sentence with a word from the list.

confident **passive** **pushover** **empathy** **self-esteem** **meditation**

- a) Cody didn't want people to think he was a _____.
- b) Hussa was being _____ when she said "yes" instead of "no".
- c) Joel felt he had no friends because of his low _____.
- d) Ji-ho had _____, so he understood how Michelle felt.
- e) Liu felt _____ when going in for the interview.
- f) Nala liked to relax with a quick _____ after work.



Assertiveness & Equanimity

Assertiveness and equanimity are two traits that can help keep relationships in times of struggle. **Assertiveness** is being sure of yourself. You are **confident**. You are not aggressive. You speak your mind. You speak up for yourself. You are not a **pushover**.

An assertive person shares their thoughts and feelings. They also inspire others to do the same. They listen to all views. They respond calmly and positively. They can admit their mistakes. They are quick to apologize. They stay calm under pressure. They control their emotions. They see themselves as equal to others. Most of all, assertive people are not **passive aggressive**.

Are You Passive?	Are You Aggressive?
<ul style="list-style-type: none"> Say "yes" when you want to say "no". Make yourself the victim. Have low self-esteem. Feel inadequate, guilty or regret. 	<ul style="list-style-type: none"> Attack other peoples' self-esteem. Ignore people. Telling instead of asking. Don't think of others' feelings. Often feel angry or critical.

The chart below shows 5 types of assertiveness. Think of an example for each type.

Types of Assertiveness	Real-World Examples
Basic: <i>sharing your own beliefs, feelings or opinions.</i>	
Empathic: <i>understanding the feelings of others.</i>	
Escalating: <i>holding your ground.</i>	
I-language: <i>share how things make you feel; use "I" statements.</i>	
Positive: <i>sharing positive feelings about yourself or others.</i>	



Assertiveness & Equanimity

1. Circle the word **TRUE** if the statement is **TRUE** or circle the word **FALSE** if it is **FALSE**.

- a) Empathy is a common trait of equanimity.
 TRUE **FALSE**
- b) Being assertive means being passive aggressive.
 TRUE **FALSE**
- c) Someone with equanimity gets angry when upset.
 TRUE **FALSE**
- d) An assertive person shares their thoughts and feelings.
 TRUE **FALSE**

2. Put a checkmark (✓) next to the answer that is most correct.

- a) Which is NOT a trait of an assertive person?

- A Feel guilty.
- B Admit mistakes.
- C Quick to apologize.
- D Control emotions.

- b) What is NOT a trait of equanimity?

- A Don't rush to judgment.
- B Take on challenges calmly.
- C Place blame on others.
- D Think before reacting.

Assertiveness & Equanimity

3. How assertive are you? Take the mini quiz below to find out.

- a) Are you able to say "no"? Yes No
- b) Do you take criticism well? Yes No
- c) Do you share your thoughts in a positive way? Yes No
- d) Can you ask for help easily? Yes No
- e) Can you admit mistakes easily? Yes No
- f) Do you value others' opinions as if they are your own? Yes No
- g) Do you have confidence? Yes No
- h) Do you understand you can't control others' actions? Yes No

Graphic Organizer

4. Use the graphic organizer on page 12 to identify traits on the assertiveness scale.

Assertiveness is a scale. From passive to aggressive, there are different levels of how we communicate with others. Assertive is in the middle as it is neither passive or aggressive. Fill out the scale with traits for each area: passive, martyr, assertive, passive aggressive, and aggressive. A couple are already done to get you started.

Do some research on the Internet to learn more about each level to better understand what traits make them up. Once done, take a look at the scale. Where do you fall within it? How can you move from wherever you are on the scale to be more assertive?

Assertiveness Techniques to Halt Confrontations

Benefits of being assertive are: gain confidence and improve self-esteem. But how do you become assertive? There are two key techniques that will help you become an assertive person.

Fogging: This technique is used when people are manipulating or being aggressive. This technique focuses on a calm response with words that are not defensive. This technique works by catching the other person off guard. Someone is looking for a specific response, either defensive or argumentative. You react in a way they are not expecting, which stops the confrontation.

Example:

"I've been waiting 20 minutes. We're late for the movie. It started 5 minutes ago!"
 "Yes, I am a bit late and I know this has bothered you."
 "Of course it has! I hate missing the start of the movie. You should have thought about that."
 "You're right. I did think about how'd you'd react to missing the start of the movie."
 "Ok then. Well, what kept you?"

Stuck Record: This technique has you repeat what you want over and over again. Make sure you do this calmly. Do not raise your voice. The idea here is through repetition, you make your points clear. You will not be distracted or lose focus. The person you're arguing with will not be able to steer the conversation into a different direction. Constant repetition keeps the argument on track.

Example:

"I bought this tablet a month ago and it stopped working. I would like a refund please."
 "It has a few scratches on it. Are you sure you haven't mishandled it?"
 "I've only had it a month and it is faulty. I would like a refund please."
 "The warranty doesn't cover damage caused by the consumer after purchase."
 "The tablet stopped working after only a month. I would like a refund please."

Activity:

Hold a mock confrontation with a partner. Each take turns using the fogging and stuck record technique. How does it catch your partner off guard? How long until the confrontation is stopped? How does the other person react to constant repetition?

Crossword Puzzle!

Across

- 2. Keeping things secret.
- 3. To be counted on. Dependable.
- 7. Being sure of yourself.
- 9. To think deeply on something.
- 11. An emotional state that allows you to stay calm.
- 12. Your gut feeling.
- 14. A collection of different things.
- 15. Feeling panicked over something.

Down

- 1. Something is even or equal to another.
- 4. Finishing something quickly and well.
- 5. Understanding the feelings of others.
- 6. Downsides to something.
- 8. A plan of action.
- 10. Using logic and reasoning.
- 13. The reason behind someone's actions.

Word List

- anxiety
- balance
- confident
- consequences
- diversity
- efficient
- empathy
- equanimity
- intuition
- meditate
- motive
- privacy
- rational
- reliable
- strategy

Comprehension Quiz

Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) When two people collaborate on something, one person is helping the other achieve their goal.
- TRUE FALSE** b) It's better to never take any risks.
- TRUE FALSE** c) Exercise is a great way to help cope with stress or anxiety.
- TRUE FALSE** d) A collaborator is someone who can lead.
- TRUE FALSE** e) Rational decision-making uses intuition.
- TRUE FALSE** f) Task-based coping is when you talk out something in your life that causes stress.

Part B

Put a checkmark (✓) next to the answer that is most correct.

- a) What is NOT a form of successful collaboration?
 - A Looking for solutions.
 - B Owning mistakes.
 - C Listening to others.
 - D Taking credit of others' work.
- b) What will a good problem solver NOT have?
 - A Emotional intelligence.
 - B Lack of emotional control.
 - C Creative mindset.
 - D Risk management.

SUBTOTAL: /8

Stages of Meditation



1. Sit still and cross legs.
2. Breathe in and out slowly. Count to five as you inhale. Count to five as you exhale.
3. Close your eyes. Focus your attention on your breath.
4. Check in with your body. Reflect on anything you might be feeling. Start from the bottom up. Breathe into any part of your body that feels tense.
5. Clear your mind. Think of one thing, like a fire or waterfall. Focus on your breath.
6. Do this for 5-10 minutes. Open your eyes when you're ready to finish the practice.



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Answers will vary, but may include: Learning to be more assertive will help Verónica speak her mind. Knowing that she is heard and able to share her feelings will give her self-confidence. Being able to control her emotions will stop her from getting angry at her friends. This will lead to her not isolating herself for weeks at a time. By not isolating herself, she'll become less stressed and angry with herself and others.

9

1.

a) **TRUE**

b) **FALSE**

c) **FALSE**

d) **TRUE**

2.

a) A

b) C

10

EASY MARKING ANSWER KEY





Assertiveness & Equanimity

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