

## Promoting Proactive Pro-social Programs Agenda

*This workshop focuses on creating a social emotional climate with children that promotes a positive way of being. We have blended the best of Non Violent Communication, problem solving & group management strategies to create an atmosphere that promotes compassion & respect.*

### **Communicating with Compassion- setting the frame for our day**

- Communication Activity- *The Trouble with the Trash*

### **Taking Responsibility for your Feelings and Needs**

- Feeling's Pantomime
- "I feel" statements ***"I feel.... Because I need/value..."***

### **An Ounce of Prevention: PART 1**

- Develop strategies related to keeping a program peaceful in these 3 following areas:
  - staff role as leader
  - environment
  - child/ youth engagement.

### **Expressing Requests:**

- Expressing a request vs making a demand

### **An Ounce of Prevention: PART 2**

- Afterschool Family Feud

### **Closing & Debrief**

# What are Requests?

Requests use positive language

Requests are clear & concrete

Requests are guilt-free

Requests focus on the quality of  
the relationship

Requests unaccompanied by the  
speaker's feelings and needs  
may sound like a demand

## ***Expressing Requests***

Circle the number in front of the statement that is a request (clear, positive & with no feelings of guilt). Remember the objective of each statement is to promote positive communication and build relationships-not compliance.

1. I want you to understand me
2. I would like you to tell me one thing that I did that you appreciate
3. I would like you to feel more confidence in yourself
4. I want you to stop drinking
5. I would like you to let me be me
6. I would like you to be honest with me about yesterday's meeting
7. I would like you to drive at or below the speed limit
8. I'd like to get to know you better
9. I would like you to show respect for my privacy
10. I would like you to prepare snack more often

*Taken from Nonviolent Communication: a language of life 2<sup>nd</sup> ed. by Marshall B Rosenberg, Ph.D*