

Being assertive: activity

This activity will help you practice what you learned in the 'Being assertive' exercise.



Meet Yang

Yang works at a bakery that's planning a fundraiser for a local animal shelter. Yang has an idea to sell special cookies to raise money, and he shares his idea at a staff meeting.

Yang's co-worker Joyce says Yang's idea won't work. She thinks they should raise money by putting out a donation box. Yang is upset. He thought his idea was good, and he really wants to help raise money for the animal shelter.



Let's talk about it

What would Yang look like and sound like if he reacts in a passive, aggressive, and assertive way? You can write your ideas in the table below.

Reaction	Looks like...	Sounds like...
Passive		
Aggressive		
Assertive		