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.

**Promoting Proactive Pro-social Programs**

**Agenda**

**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* 2nd ed. by Marshall B Rosenberg, Ph.D