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

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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