

Lesson #21: Assertiveness

Teacher: Remind children: 1) sit quietly, rest their arms in a position that they feel most comfortable 2) lower their faces to listen to the prayer. Explain when you pray, you have to show respect to God. Ask who can recite opening prayer:

“I bear witness, O my God, that Thou hast created me to know Thee and to worship Thee. I testify, at this moment, to my powerlessness and to Thy might, to my poverty and to Thy wealth.

There is none other God but Thee, the Help in Peril, the Self-Subsisting.” – Bahá’u’lláh

LESSON: Assertiveness

- Assertiveness means having a positive and confident personality.
- An assertive person knows he or she is worthy of respect. That self-confidence comes not only from within, but more importantly from knowing that we are all God’s creatures, each possessing a noble soul.
- When we learn assertiveness, we begin to think for ourselves rather than following others. We stand up for justice. We show strength, refusing to let others influence us in negative ways. We express our ideas and opinions forthrightly and without fear.

QUOTE:

““Armed with the power of Thy name nothing can ever hurt me, and with Thy love in my heart all the world's afflictions can in no wise alarm me.” – Bahá’u’lláh

“Neither sex is superior to the other in the sight of God. Why then should one sex assert the inferiority of the other, withholding just rights and privileges as though God had given His authority for such a course of action?” - Abdu’l-Baha

- What does it mean to be assertive?
- What does it mean to be confident?
- What does it look like to be assertive?
- What does it look like to be confident?
- Is it possible to be too assertive or too confident?
- What does it look like to be too assertive?
- What does it look like to be too confident?

Discuss - How do you practice Assertiveness:

- A new girl in class doesn’t know anyone and has no friends. A couple of the kids in the class are mean to her because she is new.

- You break a vase that belongs to your Mom and she is upset. She blames the housekeeper thinking that she did it because no one else was home. But you did it.
- It's the first day of school and you don't know anyone. Your teacher calls your name and says it wrong.

Singing Time

Go to Lyric Book.

Activity

Everyone gets a chance to act assertively. Everyone gets to pick one:

- Child telling his Daddy or her Mommy that she broke something.
- Child telling his or her friends to be nice to the new person at school.
- Child telling his or her teacher how to pronounce his or her name properly.
- Child telling another child to stop bullying.

Closing Prayer: "He is God! O God my God! Bestow upon me a pure heart, like unto a pearl. - 'Abdu'l-Bahá"