



Name: _____

You are a member of a cleaning crew that sweeps away assumptions. Sometimes people make assumptions when they think they know what is going on but don't have all the information. And sometimes people assume the worst! Your job is to make sure this doesn't happen. Today you are training a new member of your cleaning crew: an adult family member. Complete the assumption-cleaning training form below together.

When you make assumptions, you believe you know what is true about what people think or why people act the way they do. You don't stop to consider all the possibilities. Why is it not a good idea to make assumptions about situations that involve other people?

The first thing your new crew member should know is that assumptions are often made when emotions start to get out of control. Review and complete the following ways to calm down strong emotions with your adult:

Stop—use your signal. What's a stop signal you can use? _____

Name your feeling.

Calm down: breathe, count, use positive self-talk.

After calming down, you will want to get more information about the situation. What could you do to get more information?

Together, practise avoiding making assumptions in the following scenario. Use positive self-talk to calm down and assertiveness skills to get more information.

You find one of your favourite dinner plates in the garbage, broken.

You think to yourself: _____

You ask a family member: _____

This homework assignment was completed on _____ | _____
(DATE) (ADULT SIGNATURE)