



Cool, Calm, and Confident: A Workbook to Help Kids Learn Assertiveness Skills

Lisa M. Schab LCSW

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Self-assured, assertive kids are not only less likely to be picked on by their peers, they're also less likely to bully others. But it's not always easy for children to find a healthy middle ground between passivity and aggression.

If your child is a frequent target for bullies, or has begun to tease and take advantage of other kids, the easy and effective activities in *Cool, Calm, and Confident* can help. These simple exercises help children stand up for themselves without coming across as aggressive, learn to be both kind and assertive, and develop self-confidence and a positive self-image. Using this workbook is an easy and effective way to instill self-esteem in both passive and aggressive children—a strength that will prove invaluable in childhood, in their teenage years, and throughout their lives.

Help children to: Learn the difference between passive, aggressive, and assertive behavior; behave in ways that discourage teasing; understand their rights and stand up for themselves; stay calm and learn skills for managing anger; and make real and lasting friendships.

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