



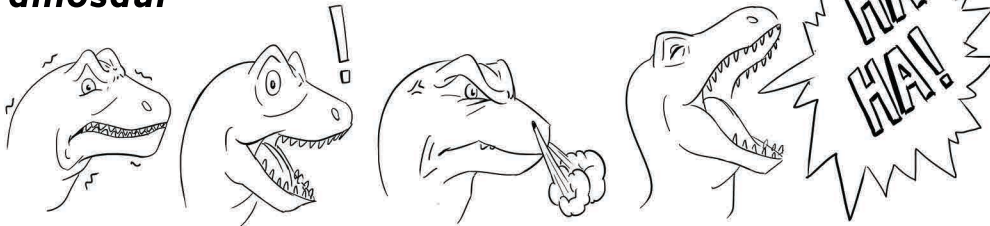
USING YOUR VOICE

Part 2

Yesterday we started looking at how our voices & tones can affect how people receive our messages.

PART 1 SUMMARY

- **"It's a dinosaur"**



- People may have different reactions to the same situation. We can often tell by their voice and tone.

Hey parents! Have a talk with your family:

1. **DISCUSSION:** *Disagreements can be challenging.*

- (a) How can disagreements be talked about safely? How can we change our approach? (e.g. using voice choice?)
- (b) Why is it worth changing our approach to conflict?
- (c) We can invite our children to own their side of conversations.
 - i. What would this change look like?
 - ii. How can we move from setting boundaries for our children to teaching them to consider the needs of others and act accordingly?

2. **ACTIVITY:** *As a family, what are some of the things we say that could be said differently?*

Here's an exercise: "When (action) happens, I feel (emotion)" - identify the action that upsets you rather than the person.

WHEN _____	HAPPENS, I FEEL _____
(ACTION)	(EMOTION)
WHEN _____	HAPPENS, I FEEL _____
(ACTION)	(EMOTION)
WHEN _____	HAPPENS, I FEEL _____
(ACTION)	(EMOTION)



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