



Teacher Prompts

1. "Do you need to be brave?"

4. (Teachers can begin to teach "I messages" here.)

Using Brave Talk

1. **Think** about what you want to say.
2. **Look at** or **walk up** to the person involved.
3. **Hands** by your side; take a deep breath.
4. **Be calm** and **say** what you want to say.



Lyrics of **"Using Brave Talk"** from Core Knowledge Social Skills CD:

I'm building with blocks and I've made a town,
Little houses in a row.

Dameon comes up and he knocks them down,
Scatters my village to and fro.

I'm mad! What can I do?
I'm sad because of you.
Egad, I think it's time to be brave.

I'm going to think about what I want to say,
Walk right up and say it.

Keep my hands out of the way.
Keep calm, breathe in.
Keep calm, breathe out.
Keep calm.

"Dameon, that makes me mad. Please don't do that
again."

I'm sitting at the table making a kite.
The teacher is telling us what to do.
I'm listening to the steps on how to do it right.
But she's on number three and I'm stuck on two.

I'm scared stiff! Oh, this feels bad!
What if the teacher's mad?
Makes no difference 'cause it's time to be brave.

Chorus

"Mrs. Broderick, I'm confused."
"Here, let me help you with that."