

Conscious Discipline® Games

Tattling 1, 2, 3

Directions:

Shuffle and distribute tattling phrases to each player. The starting player "tattles" to the player to the right, who then decides what type of tattling is being depicted and chooses a response from the list below.

Type 1. Child has been victimized.

Message: "I feel powerless."

Response:

**Did you like it?
Tell your friend...
Say it for practice.**

Type 2. Child sees someone getting hurt.

Message: "I don't feel safe."

Response:

I will take care of...

Type 3. Child wants to get someone in trouble.

Message: "I feel angry at _____ for not being my friend and doing what I wanted them to do. I don't know how to express my anger directly."

Response:

**Are you telling me to be helpful or hurtful?
What could you do that is helpful?**

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What's My Tone?

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Tone of Voice Key

Passive tone – Wavering, fearful, questioning, asking for permission, overly soft, high-pitched. Hidden message: "Okay?"

Aggressive tone – Harsh, threatening, disrespectful, ordering others, too loud, low-pitched. Hidden message: "Or else!"

Assertive tone – Calm, warm, respectful, allows others to choose their own responses, easily heard. Clear message: "Just do it."

Assertive language: Assertiveness is the voice of "knowing" or the voice of "no doubt." It is the same voice you would use to tell children, "This is the color blue." When used in commands it is clear, tells children what to do, and has a "just do it" tone.