

SOCIAL SKILL LESSON PLAN: "DISAGREEING APPROPRIATELY"

INTRODUCE THE SKILL

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| What? | What is a disagreement? Is an argument or a fight a disagreement? How do you feel after a fight or argument? |
| When? | When might people disagree? |
| Who? | Who are some of the people with whom we might disagree? |

DESCRIBE SKILL STEPS

1. Reassure the other person. Do this by:
 - looking at them. This shows you are listening and it shows respect to the other person. This is great social practice and good for building self-confidence.*
 - keeping a calm voice and a calm face. This shows that you are in control of your emotions. It also shows that you are ready to talk and listen.
 - saying "I think I know how you feel." This is a high level communication skill: Seek first to understand, then to be understood.
2. Listen to the other person's perspective (opportunity to discuss what this term means).
3. Tell them why you feel differently, and give a reason. This gives you a chance to practice reasoning and problem solving.
4. Discuss possible solutions and be ready to accept the 'Yes' or 'No' answer from the other person. This applies to parents, adults, and peers.

* Be cautious about this with students from cultures that do not share the outlook that eye contact is respectful.

RATIONALE

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| Benefit | When you disagree appropriately, you are more likely to get your way and less likely to need an adult to help. Others will consider your opinions if you present them calmly; others will give you the respect you deserve. |
| Negative Consequence | Others won't want to talk to you and you might lose friends if you disagree inappropriately. |

PRACTICE

Role play a P.E. situation, game, or sport. Practice body language (how to stand, hand position, proximity). The teacher should demonstrate a variety of voice tones. Students practice correctly.

FEEDBACK

You did a great job of practicing "Disagreeing Appropriately!" (Praise specific steps followed and give specific feed back for areas of improvement.)

POSITIVE CONSEQUENCE

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| (optional) | Because you practiced so well, you have earned 10 minutes of extra free time (or other positive consequences that are appropriate for the time like penny candy or playing a game.) |
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FOLLOW-UP PRACTICE

Let the class know that you will be observing the class to "catch them" using the skill "Disagreeing Appropriately." Continue to praise correct use of the skill and re-teach as needed.



DISAGREEING APPROPRIATELY

1

Reassure the other person.

- ✓ Look at them.
- ✓ Calm voice and face.
- ✓ Say “I think I know how you feel.”



2

Listen to the other person.



3

Say why you feel differently.

Give a reason.



4

Discuss ideas.

Be ready to accept ‘Yes’ or ‘No.’





**It's OK to
Disagree
but
not OK to
Disrespect**

