



Name: _____

A group of family or friends has been playing a game. It looks like fun. You want to join in, but you're not sure how to do it.

With an adult family member, choose an activity from below (or come up with your own) to practice joining in. Fill in the blanks to plan how you will join in. Then, as your adult does the activity you selected (either with another family member or on his or her own), use the Tips for Joining In and Assertiveness Skills below to practice joining the activity.

Possible Activities to Join

Playing a board game, playing a card game, cooking a meal, gardening, painting, listening to music, playing music, watching TV, working on the computer, playing a video game, cleaning, building, repairing something

My Plan for Joining In

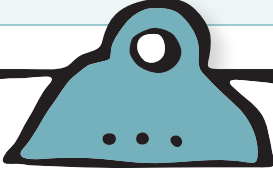
Activity I will join: _____

What I will say first: _____

The words I will use to ask assertively to join in: _____

Now practice joining in!

Switch parts. Let your adult practice joining in. Remember, when you want to help people join in, notice that they want to join, say "yes" or ask them to join, then help them feel included.



Tips for Joining In

- Stand nearby, watch, and listen.
- Give a compliment, ask a question, or offer help.
- Assertively ask to join in.

Assertiveness Skills

- Face the person you're talking to.
- Keep your head up and shoulders back.
- Use a calm, firm voice.
- Use respectful words.

This homework assignment was completed on _____ | _____
(DATE) (ADULT SIGNATURE)