

What did we talk about last week?



Last week, we talked about **aggressive communication**. **Aggressive communication** happens when **someone speaks** or **acts** in a **way** that is **angry** or **rude**. For example, **someone shouting**, **using swear words** or **calling rude names** to someone.



We **said** that **sometimes people raise** their **voices** to **loved ones** because they **get** really **emotional**, **worried** or **angry** about **something**.



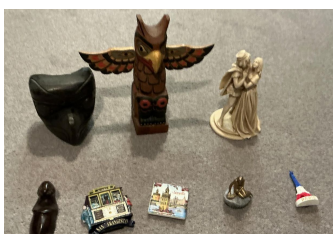
The **best way** to **avoid aggressive communication** is to **find ways** to **help us feel calmer**. This will **help us** to **communicate** our **needs** in a **nicer way** using **assertive communication**.



We said that **assertive communication** happens when **people tell others** what they **need** in a **nice way**.



During the session, **Alix** and **Claudia** brought some **objects** to **talk about** their **heritage (history)**.



Do not forget to **bring your own objects** this evening! It **can be** anything that **shows** the **things you like to do** or **something about** your **family's history**.