

B	I	N	G	O
Try to stay calm	Aggressive Communication	Accept feedback	Breathing Breaks	Stop and think then talk
Match tone (serious or silly)	Attempt a compromise	True to yourself	Share an opinion	Ask a Question
State how you feel	Take turns to speak	FREE	Use feeling words	Ask a question
Reflect on my role	Focus on one issue at a time	Tell the truth	I statements	Take responsibility
Listen to Them	Slow your words down	Eye Contact	Encourage someone else to talk	No name calling

B	I	N	G	O
I statements	Clear but Kind	Ask a question	Ask for help	Reflect on my role
No Yelling	Match tone (serious or silly)	Ask a Question	Tell the truth	Stop and think then talk
Find a solution	Focus on one issue at a time	FREE	True to yourself	Use feeling words
Aggressive Communication	No name calling	Attempt a compromise	Slow your words down	Wait until they finish talking
Take a Break	State how you feel	Share an opinion	Take responsibility	Assertive Communication

B	I	N	G	O
Slow your words down	No Yelling	Attempt a compromise	State how you feel	No name calling
Aggressive Communication	Find a solution	Accept feedback	Match tone (serious or silly)	Try to stay calm
Ask for help	recognized emotions	FREE	Wait until they finish talking	Be Respectful
Ask a Question	Stop and think then talk	Reflect on my role	Be honest (kindly)	Use feeling words
Assertive Communication	I statements	Breathing Breaks	Ask a question	Encourage someone else to talk