

ACTIVITY WRITE-UP

Name of Activity: Interaction Styles

Type of modality	Social Skills, Anger Management, Stress
Type of play	Shared Cooperative
Interaction pattern	Intragroup
# of participants required	2-12
Equipment/supplies	<ul style="list-style-type: none"> • Worksheet • Flipchart/board • Marker/ writing instrument
Facilities required/environment	Quiet environment
Precautions	Participants may get upset/ angry

Directions

1. Write passive on board
2. Ask participants to brainstorm definitions/ examples of passive behaviors
3. Distribute worksheets and have participants read the statements and check off if it applies to them most of the time, sometimes, or rarely
4. When they are done, have them add up their passive scores
5. Read the four questions on the bottom of the page and ask participants to relate and use examples of their own lives. These questions are:
 - What are some of the advantages of dealing with conflict passively?
 - What are some of the disadvantages of dealing with conflict passively?
 - How do other people tend to react to passive people?
 - Do you tend to get your needs met when you behave passively?
6. Complete the same activity for “Aggressive Styles”, “Passive-Aggressive Styles”, and “Assertive Styles” suggest participants develop role-plays in which one conflict scenario is presented, and then resolved in four different role-plays, each one demonstrating one of the four different styles
7. Have a discussion about which style the participants think is best and why

Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Hand, wrist, arm
Movement	Grasp, picking up,

Physical	Balance: dynamic sitting, AROM upper extremities, visual-motor integration
Cognitive	Arousal/alertness, attention: sustaining attention, concept formation, concentration, decision making: simple, initiation, insight, judgment, memory: short term/ long term, problem solving: simple, reading, strategy,
Social	Conversation: starting, sustaining, and ending, handling criticism, heterogeneity, homogeneity, interpersonal interactions, relating with equals, regulating behavior, self-expression, social conduct, showing respect & warmth, showing tolerance
Perception	Auditory, tactile, visual
Communication/language	Reception to spoken language, reception of written language, expression of spoken language, expression of written language
Self-care	N/A
Psychological/emotional (possible)	Joy, guilt, pain, anger, frustration

How to Simplify the Activity

Only concentrate on one interaction style instead of talking about all four.

How to Make the Activity More Complex

Ask participants to come up with examples for each question and share how it affected them.

Other Comments