

FIGURE 5.4 RAP Strategy Card for Elementary Students

### RAP Strategy (Respect And Perform)



**When I feel that that someone speaks to me unfairly or in a way that upsets me I will**

1. Take a deep breath
2. Think about what I am going to say
3. Say what I want to say so it is **Respectful, and Perform** it using appropriate words, body language and tone of voice
4. Once I am away from the person I will vent my real feelings to myself or someone I trust.