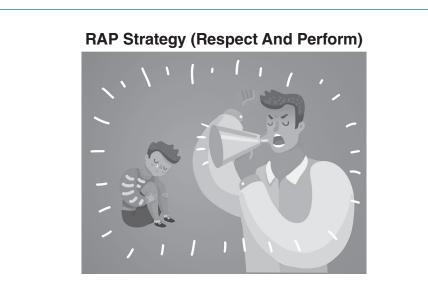
## FIGURE 5.4 RAP Strategy Card for Elementary Students



## 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.