

## **Language for Agreement and Disagreement, Sharing Opinions and Building Empathy**

A significant element of developing social and emotional skills in middle and high school students involves finding positive and empathic ways for students to manage differences of opinion and disagreement. Supporting students to consider and adopt empathic and assertive language can deepen SEL within exercises and activities in classes, but also empower students beyond the classroom.

Possible language includes:

- I'm wondering about my own thoughts about this, and think that...
- I think I have a different perspective on that...
- From my perspective...
- I think I see this differently...
- Your opinions have made me think about...
- It sounds like you see this differently to me...
- I think that it might be important that we consider...
- In my personal experience...
- My personal experiences makes me believe/feel...