



# Rio Grande Educational Collaborative

## Before and After School Program Lesson Plan

TITLE OF LESSON: Words Can Hurt-Sticks & Stones

DATE: \_\_\_\_\_

SITE NAME: \_\_\_\_\_ CLASS SIZE: \_\_\_\_\_

NAME(S) OF INSTRUCTOR: \_\_\_\_\_

CREDIT: (ie: website, pinterest,) \_\_\_\_\_ internet link

**NM COMMON CORE: (SEL Standard)** \_\_\_\_\_ Connection 5B. Student demonstrates care and concern for others. "I build relationships showing care and concern for others"

CASEL Standard: Social-Awareness

### LEARNING OBJECTIVES:

**Students will understand the following:** (What students will be learning)

1. Students will be able to describe the difference between kind words and unkind words.
2. Students will be able to identify at least 3 kind words to share with others.

### ACTIVITY:

**Instructional Sequence:** (Step by step instructions, should another instructor pick up and teach the lesson successfully)

\_\_ As we discussed various object and items that are either soft or scratchy/rough, words can also be received in this way. How many of you have heard the following phrase?

a. *"Sticks and stones can break my bones, but words will never hurt me."*

- i. What do you think this means?
  - ii. Discuss that words can and do hurt. Words can be helpful or hurtful. Words can be kind or unkind.
2. Show students the cotton ball and the square of sandpaper.
  3. Explain this represents when words are either 'kind/helpful'-cotton words or 'unkind/hurtful'- sandpaper words.
  4. Distribute a cotton ball and small square of sandpaper to each student.
  5. Use statements from the "Helpful or Hurtful" handout-here you can (options below):
    - a. Read statements and have students raise either the cotton ball or sandpaper
    - b. Distribute a slip to students and have them read them and decide if their statement is either a cotton ball or sandpaper statement
    - c. Distribute the handout to small groups and have the groups work together
  6. Following this activity, discuss with students the importance of using an I-message (they have learned earlier)-below are some options:
    - a. I feel ....when you...
    - b. I feel....because...Could you please....
    - c. I feel.....when....
    - d. I feel...because...what I need is..
  7. Discuss that words and actions often go together and show students the power point slides.
  8. Ask students to hold up their cotton ball or sandpaper square for each slide.
  9. Discuss each picture, prompting, "What words might these students be saying?"

10. If it is an unkind picture, flip the script and ask students to come up with helpful/kind statements using an I-message

**MATERIALS:**

**The following materials or equipment needed for this lesson:** (Include special equipment request)

1. \_Cotton Balls (one per student)
2. Sandpaper (small square per student)
3. Helpful or hurtful? Sandpaper or cotton ball? Handout ( Attached below)

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**SITE SUPERVISOR'S SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**INSTRUCTOR'S REFLECTION:**

**Reflection on the lesson given:**

1. How many students participated in the lesson given? \_\_\_\_\_
2. Name(s) of instructors participated. \_\_\_\_\_
3. How long did your lesson take? (Amount of time) \_\_\_\_\_
4. How did the students feel about the lesson? \_\_\_\_\_
5. Did the students like the lesson? \_\_\_\_\_
6. What part of the lesson did the students like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. What part of the lesson did the students not like? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Were the students interested in the topic of the lesson? \_\_\_\_\_
9. Was the content of the lesson difficult for the students? \_\_\_\_\_
10. What could you have changed to make the lesson interesting? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. Did you have any trouble getting your lesson together? (Idea & Materials) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
12. How do you rate your lesson? (1-10) Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SITE SUPERVISOR'S REFLECTION:**

**Reflection on the instructor's lesson:**

1. How many students participated in lesson? \_\_\_\_\_
2. How many instructors participated in lesson? \_\_\_\_\_
3. Did the students enjoy the lesson? \_\_\_\_\_
4. What part did the students enjoy? \_\_\_\_\_  
\_\_\_\_\_
5. What part did the students NOT enjoy? \_\_\_\_\_  
\_\_\_\_\_
6. What could have been changed to make the lesson interesting? \_\_\_\_\_  
\_\_\_\_\_

7. Was the content of this lesson difficult for students to understand? Why? \_\_\_\_\_
8. What part of STEAM or literacy was used? (Science, Technology, Engineering, Art, Mathematics or Literacy)  
\_\_\_\_\_
9. Comments: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Helpful Or Hurtful?

### *Sandpaper Or Cotton Ball?*

Cotton/Helpful	"I feel sad when you call me names. I would like you to stop."
Sandpaper/Hurtful	"You are calling me names! You're mean."
Cotton/Helpful	"I'm sorry I bumped into you. It was an accident."
Cotton/Helpful	"I feel embarrassed when you tell people my secrets. I would like you to keep them to yourself."
Sandpaper/Hurtful	"I'm telling on you!"
Cotton/Helpful	"I already asked you to stop touching me, but you're not listening. If you do it again, I will have to ask the teacher for help."
Cotton/Helpful	"I feel hurt when you say I can't play with you. I would like you to include me in your game."
Sandpaper/Hurtful	"I can't see past you! Get out of my way!"
Cotton/Helpful	"Can you please sit down so I can see too?"
Sandpaper/Hurtful	"I'm not your friend anymore!"

Cotton/Helpful	"I feel happy when you share your toys with me. I have fun playing with you!"
Sandpaper/Hurtful	"You can't play with us!"
Sandpaper/Hurtful	"Give me that back. It's mine!"
Cotton/Helpful	"I feel crowded when you get in my face. I would like you to back away."
Cotton/Helpful	"I feel mad when you won't let me have a tum with the ball. I would like you to give me a tum, please."

Cotton/Helpful	"I feel frustrated when you tell me what to do and boss me around. I would like you to let me do what I want."
Sandpaper/Hurtful	"Don't grab the pencil from me."
Cotton/Helpful	"Will you please move over? I need more space."
Sandpaper/Hurtful	"You're mean. I don't like you anymore."
Cotton/Helpful	"I feel frustrated! Can you help me please?"
Sandpaper/Hurtful	"Don't touch me. Get away!"
Cotton/Helpful Words/Actions	Uses "I-messages" "Please" "Thank You" "Excuse Me"

	"Good Morning" Thoughtful; Compassionate; Kind; tells the truth; helps others; shares; inclusive/accepting-makes sure students have someone to play with
Sandpaper/Hurtful Words/Actions	<b>"Dumb"</b> "Stupid" "Ugly" <b>"Fat"</b> Name-calling; Gossip; yelling; interrupting; laughs at others; lies; tattles; is not inclusive-tells student they cannot play