

Consequences of Words

Character Skills

- Caring
- Respect

SEL Skills

- Self-Management
- Relationship Skills
- Responsible Decision-Making

Academic Skills

- Critical and Creative Thinking
- Self-Direction and Engagement

Instructions

Use the quote and questions below to discuss the consequences our words have with your students.

Quote

"Sticks and stones can break your bones, but words can really hurt."

Choose your words carefully. There is never a good reason to hurt someone with your words.

Discussion Questions

1. Some words can make you feel great and some words can make you feel awful. Below is a list of words. Next to each word write the word "help" if you think it's a positive word or "hurt" if you think it's a negative word.

Nice _____	Ugly _____	Loyal _____	Support _____
Cute _____	Fat _____	Mean _____	Friend _____
Smart _____	Care _____	Stupid _____	Idiot _____

2. Have you ever heard "Sticks and stones can break my bones but words will never hurt me?" Why isn't that saying true?

3. Which of the statements, the one on the picture or the one above, is the best for you to follow as a student? Why do you feel that way?

4. What are some unkind words that were said to you? How did those words make you feel?

Definitions

Caring:

- Be kind
- Be compassionate
- Express gratitude
- Forgive others

Respect:

- Follow the Golden Rule
- Have integrity; do what you say you'll do
- Keep your promises
- Be loyal; stand by your values

Self-Management

Regulate emotions, attitudes, and actions, and resist negative emotions and impulses

Relationship Skills

Create positive relationships and meaningful connections with family members, classmates, and teachers

Responsible Decision-Making

Make decisions based on rationality, ethics, and effectiveness

Critical and Creative Thinking

Acquire, remember, understand, and apply knowledge

Self-Direction and Engagement

Fully engaged in the educational process and connected to the school community

These materials are presented by:



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