

### LEARNING OBJECTIVES

The purpose of this lesson is for students to practice using words to be kind and helpful.



### LESSON CONTENT

The words we say have the power to build others up or tear them down. Children can learn to use words respectfully. In fact, “studies are finding that children can show signs of empathy and concern from a very early age.” (APA)

### STRATEGIES

- Use your words carefully.
- Choose kind words that build others up.
- Avoid hurtful words.

### CONVERSATION STARTERS

- How do you feel when someone says something nice to you or about you?
- How do you feel when someone says something mean to you or about you?
- How can you help others feel good by using your words?
- Who is someone at school or home that might need to hear more kind words?

### EXTENDING THE LEARNING

- Draw a picture for each member of your family. Think of something nice you could say to each person. Deliver your picture and share the nice message you thought about as you drew. Describe to a parent how this activity made you feel.