



Activities and Lesson Plans

Wrinkled Fred - On butcher paper, have the students trace an outline of a full person. Once you have finished, the students will write mean, unkind, rude and disrespectful statements all over the drawing. Once they are finished writing their mean statements have the students crumpled up the drawing and then un-crumple it. Hang them around the room and share how those comments can hurt a person. Then explain that the pictures are now permanently changed from the wrinkling. People are changed by unkind words as well.

If you have time you could do it again but this time have them write positive messages on the drawing and don't wrinkle it. Ask the students to discuss the differences between wrinkled Fred and just Fred...

Icing On Top Of The Cake - For this activity go by a few tubes of decorating icing. When it's time for the activity, lay down a piece of paper in front of each student. Then have each student place a strip of masking tape on their paper. Have each student squeeze a line of icing along the masking tape. When they are done, tell them to put the icing back in the tube (watch their reactions). They will finally tell you that it can't be done. To which you reply, "That's what happens when you say something mean to someone...you can't take it back!" Words are powerful - think carefully before you say something to someone else.

Who Am I? - Here is a great way to teach kids to value who they are and learn something about them that may benefit you as a teacher. Nicknames can be a source of pride or an anchor around a person's neck. Have the kids think about some nicknames they have been called and whether they liked them or not.



Have the students write down on a piece of paper one of the nicknames they don't like. Then they have the choice of sharing it with everyone. After they share have them ball up the piece of paper and throw it out. In your class they will not be called by that name. Next have them write on another piece of paper write down what they want to be called. We show respect by addressing people as they wish to be addressed!