

	EBS CHARACTER EDUCATION	Page 1 of 5	CEACT030 Rev C	Date: 04/22/15
TITLE: Words Can Hurt				

Recommended Grade Levels: 1-5

Applicable Character Traits: Forgiveness

Objective:

Students are reminded that words can hurt people's feelings. They learn that they can choose to put their hurt feelings and emotions into words and stand up for themselves rather than hurting back in return. Students learn that even if hurtful words cannot be taken back, people can choose to apologize to help restore the relationship/ friendship.

Time Frame: (Approximately 30 minutes)

Approximately how long the entire lesson should take to complete. It's nice to let the teacher know, so you are both on the same page. Be sure to check with the teacher in advance as to how much time is allotted for the lesson, and keep an eye on the clock.

Materials/ Preparation:

- Forgiveness Statement
- Skit scenarios (There are 11 below, pick ones appropriate for your class or make up your own)
- Puppets/ finger puppets (2-6) (optional)
- Foam core board or cork board with paper attached with "I am a person and I have feelings." written on it.
- Tacks/ push pins
- Sticky notes cut into hearts
- *Optional* (A book about *Forgiveness* like "Words Are Not for Hurting")

Opening Statements: (5 minutes)

- Greet students and remind them of your name.
- Ask students if they know the character trait for the month.
- Ask students to tell you what "Forgiveness" means.
- Read the Forgiveness Statement.

**TITLE: Words Can Hurt****Activities:** (25 minutes)

- **Say:** Sometimes people say things that hurt our feelings. We are going to use puppets and an activity to help us learn what to do and say when people hurt our feelings.
- Choose students to perform the skits with puppets (puppets help make skits not so personal). (Choose a few skits, not all.)
- Have the students perform one skit (with or without the puppets).
- Have the students perform the skit again and have the character put a tack into the foam core board that says “I am a person and I have feelings” when he/she hurts the other character’s feelings. You or the “hurt” character can make an “ow, ow, ow” noise for effect/ emphasis.
- **Ask:** What did the people who were hurt do? (The people with the red lines. They spoke up.) Why should they speak up? **Generate discussion.**
 - Talk about how speaking up helps bring awareness to the situation.
 - If you say something and stick up for yourself you feel better.
 - This also allows for an opportunity to make amends/ make things better.
- **Ask:** What can the (blues lines) people do now? What can they do to help the situation? **Generate discussion.**
 - Talk about how saying “sorry” and apologizing can help the situation.
 - You can elaborate that really being sorry means you will do your best not to do it again.
- Have the first actors (blue lines) apologize and say sorry. Allow the students/puppets to take the tacks out.
- Ask the students if they notice any change in the poster (where they stuck in the tacks). Once they point out the holes, **Ask:** What do the holes represent? **Generate discussion.**
 - Words and actions really can hurt and having a lasting effect.
- Have (red lines) people cover holes with heart sticky notes. **Say:** These (sticky note) hearts represent “Forgiveness.” What does that mean? **Generate discussion.**
 - Forgiveness is opening your heart.
 - Forgiveness is accepting the apology.
 - Forgiveness is not dwelling on what the person did wrong.
 - Forgiveness is not bringing up the situation and using it against them.
 - Forgiveness is not gossiping to others about what the person did wrong.
 - Forgiveness is promising to be friends again.

**TITLE: Words Can Hurt**

- You may repeat with more skits as time permits, adding on the apology and forgiveness if the students are able.
- If time permits, **Say:** Sometimes people choose not to apologize for their mistakes or for hurting someone. **Ask:** What can the hurt person do then? **Generate discussion.**
 - People can choose not to hurt back in return.
 - People can forgive even there has been no apology.

Wrap up and Reflection: (5 minutes)

- **Ask:** What have we learned today?
- **Key points:** Speak up when someone has hurt you. Say “I’m sorry” when you’ve hurt someone. Forgive those who have hurt you. Treat others the way you wish to be treated.

Character Trait Statements**Forgiveness**

At EBS we practice Forgiveness.

We acknowledge our mistakes, apologize, and try to make things right again.

We understand that everyone makes mistakes and we accept the apologies of others.

We do not bring up past mistakes or gossip about what others did wrong.

We move on and are friends again.



You can't play with us.

I feel sad when you talk to me like that and don't include me.

Your t-shirt is ugly.

You might not like it but I do!

Get out of here!

I don't like when you talk to me like that. It is not kind.

Look at your hair! You look like a mushroom!

I don't like when you talk like that. If you don't like my haircut, you could tell me in a nicer way.

This is my game! You cannot play with it!

I think we could have fun playing with it together.

We play as I say, otherwise, I'll never play with you again.

I feel sad when you talk like that. I like to play with you. Can't we figure out the rules together?



You can't do it! You are a loser!

Nobody is perfect! I am trying my best. People who don't give up are never losers.

If you don't do what I tell you to do, I am going to punch you.

I don't think it is fair to punch people just because things are not done your way. This is just wrong. If you're not nice I'm leaving.

You are stupid!

I don't like when you call me stupid. Please don't do it.

I cannot believe you like to play soccer. Football is so much better.

You might like football better, but I think soccer is fun.

Look at you! I cannot believe you like pink!

Yes, I do like pink, as much as you like blue.