

LESSON 1 | Why Words Matter

Watch
the video at
[scholastic.com
/respect](https://www.scholastic.com/respect)

Introduce your students to expressing kindness in person and online.

Objective

Students will learn about the Internet, identify different ways words are used, and create drawings to reflect on their experiences and to build self-esteem and social awareness.

Time

40 minutes

Materials

- Power of Kindness video
- Find the Kindness! activity sheets 1A and 1B
- Chart paper or whiteboard
- Scissors
- Glue

Instructions

1 Begin by acknowledging that it can be scary to discuss mean behavior, but that it's important to know the difference between hurtful words and kind words. We learn that by talking about it, we can make sure to be nice to others and get help if we see something mean. Show the class the Power of Kindness video. Have students describe what happened in the video. Ask: *Where do you think the mean words came from?*

2 Guide an age-appropriate conversation about the Internet, including the concept that the Internet connects you to people around the world and allows you to find out about anything you want. Explain that some people use mean words online just like they can in real life. Discuss how all people have the power to help or hurt other people with the things they say.

3 For first and second graders, explain that some people may feel like it doesn't matter what they do or say on the Internet because they can't see the people who are listening or reading what they say. Explain that words can hurt even more online because they can be seen by lots of people, and they don't go away.

4 Ask: *How can you make sure you don't use hurtful words online or in real life?* Discuss things students can do when they are upset instead of using mean words. Answers can include taking a deep breath, walking away, standing up for others who are being excluded, and telling a trusted adult.



Level the Lesson

Pre-Kindergarten Hold up the Find the Kindness! activity sheet (1A) to the class and point to each scenario. Work with students to identify what is happening in the images and if the children are using safe or kind Internet behaviors.

Kindergarten–2nd Grade Have students make a T-chart on a blank sheet of paper: one column for kind actions and one for unkind actions. Hand out the appropriate Find the Kindness! activity sheet. (Sheet 1A is designed for kindergarten and first grade. Sheet 1B is designed for second grade.) Allow students to cut out the thumbs-up and thumbs-down icons and glue them to the top of their T-charts. Work with them to complete the activity.

Extension

Have students draw a picture of an experience when someone said something helpful or hurtful to them, whether online or in real life. Ask the class to sort the drawings into helpful or hurtful categories. Have older students add descriptive text.

LESSON 2 | Managing Emotions

Support your students in naming and regulating their feelings.

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[scholastic.com
/respect](https://www.scholastic.com/respect)

Objective

Students will identify their feelings and practice communicating them effectively to build and maintain positive relationships.

Time

40 minutes

Materials

- Find the Feeling! activity sheet
- Pictures of common emoji
- Popsicle sticks with student names
- Paper cut into small squares
- Markers

Instructions

1 Display emoji showing the following emotions: happy, sad, angry, and scared. Allow students to draw the emoji on small squares of paper. Have PreK students color printed emoji. Include additional emotions (e.g., surprised, worried, frustrated, embarrassed) for older students. Attach the drawings to popsicle sticks. Ask students to pick the emoji that shows how they feel that day.

2 Play the Power of Kindness video and ask students to describe how Marco felt when he received mean words. Ask: *How did you know he was hurt by the words?* (Answers can include throwing the tablet, crossing arms.)

3 Lead a discussion about emotions using the following prompts:

- *What are a few ways we can communicate our emotions to another person?*
- *How can we read clues about what another person is feeling?*
- *What are some differences between expressing emotions online and face-to-face?*
- *How can we deal with big, strong emotions?*
- *What are some things we can do when we feel angry or overwhelmed?*

4 Distribute the Find the Feeling! activity sheet and have students complete it. (For PreK, see the **Level the Lesson** instructions at right.)



5 Wrap up the lesson with a role-play activity that allows students to practice using kind words. Ask students to act out how they can demonstrate:

- kindness
- including everyone
- defending others

Level the Lesson

Pre-Kindergarten Hold up the Find the Feeling! activity sheet and look at each scenario. As a class, determine which emoji and emotion best fits each scene.

Kindergarten–2nd Grade After students complete the Find the Feeling! activity sheet, discuss how the children in the scenes could use their words to express their emotions.

Extension

Have students illustrate a positive life event they experienced, such as a birthday party or winning a game. Instruct older students to write descriptions explaining all of the emotions they felt at the time.

Name _____

Find the Kindness!

Cut out the pictures of people being kind or unkind, and paste each one into the correct column on your chart.



Kind



Unkind

see



hit



take



play



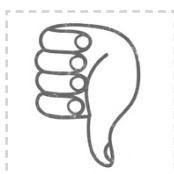
Name _____

Find the Kindness!

Cut out the pictures of people using kind or unkind behavior, and paste each one into the correct column on your chart.



Kind



Unkind



They take turns.



They call Gram and see her.



She is mad. She hits.



It is fun to play.



He takes it from her.

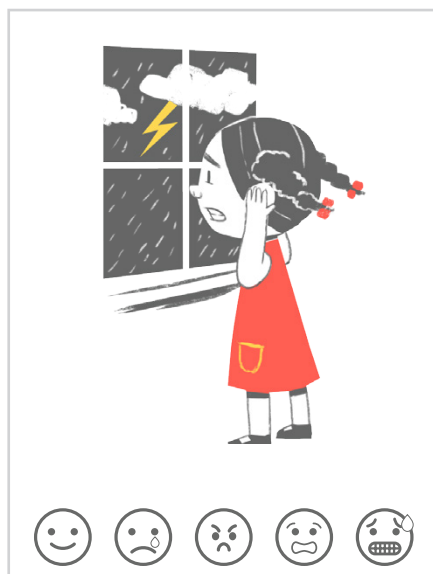
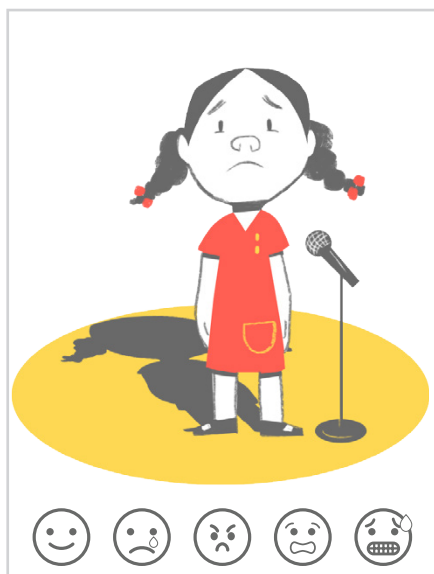
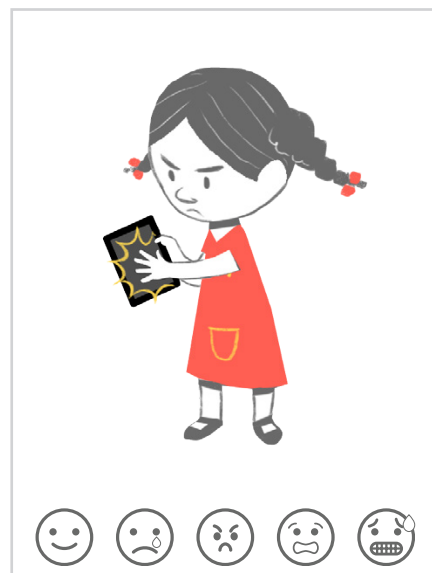
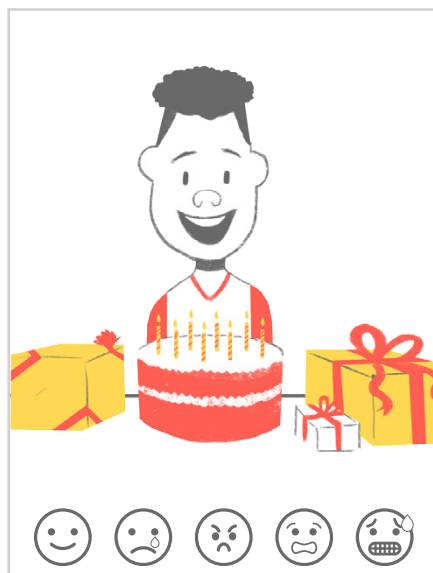


He looks and learns.

Name _____

Find the Feeling!

Circle the face that best fits the emotion the child is expressing in each picture.

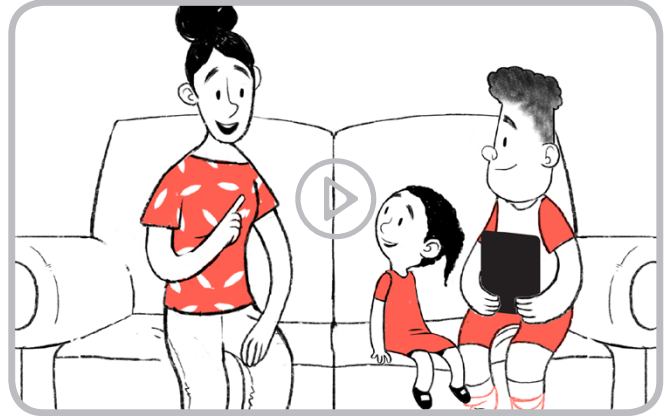


Emoji Key



Dear Parents,

At school, your child has been learning key life skills that are important for growing up in this digital age. Developed by Power of Zero and Scholastic, the Power of Kindness program teaches students about the power of words, in person and online. Help your young child practice important social-emotional skills, such as resilience, compassion, and respect, as they learn how the Internet works, even before they have devices of their own.

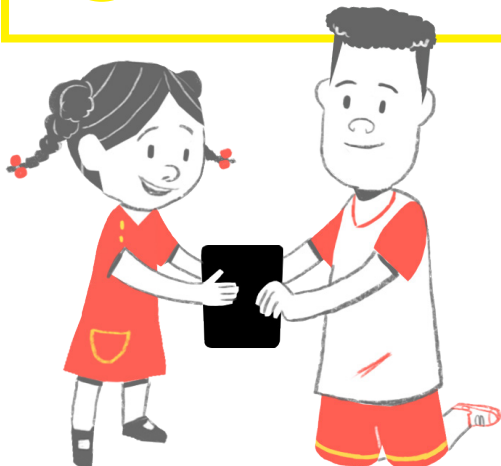


▶ Watch our video about mindful online behavior at [scholastic.com/respect](https://www.scholastic.com/respect).

Teach your child to pause.

This key strategy can help protect your child from meanness online.

- P** is for **Protecting** yourself by reporting or blocking people who are using mean words
- A** means **Always** telling a parent, teacher, or trusted adult
- U** stands for **Using** your willpower and don't respond to mean messages
- S** is for **Saving**, printing, or taking a screenshot of upsetting or hurtful messages or images, and reporting them to an adult
- E** stands for **Everyone** deserves to be treated kindly



Let's all work together to help children build stronger peer relationships, create more inclusion, and reduce meanness.

Teaching our kids about responsible online behavior is the first step to enable them to navigate the expanding digital world safely and successfully as they grow up.