**Words are Not for Hurting**

**Feelings/Friendship PreK-1st**

**Purpose:** To educate students on acceptable ways to use their words

**Materials:**

Words are Not for Hurting (book)

Two- large heart cut outs (out of butcher paper, any light color)

**Time:**

Approximately 30 minutes

**Focus:**

Ask students if words can be hurtful. Share with them that words can be hurtful and that you are going to share a story with them about this today.

**Lesson:**

Read the story Words are Not for Hurting.

Hang up the first heart and ask students to tell you what they know about the heart.

Brainstorm some hurtful or mean words that kids say sometimes to each other that are unkind and write the words that the students come up with on the first heart as they share. You might give students the example that this could be what students have said themselves or have had said to them.

Ask, “What do you do when you hurt someone else’s feelings with mean words?” Response: say you’re sorry. Explain to students that we can say sorry to a person, (as you say this, remove the heart you wrote the mean words on and crumble it up. Then open the heart up and try to smooth it out again). Next, say, “Just because you say ‘I'm sorry’ doesn't take away the pain you cause someone with those unkind words.” On the other heart, discuss with students all of the kind words they can think of to say and write them in. Leave the kind heart in the room and encourage the class to have it posted as a reminder of words to say to others.

**Closure:**

Have students turn to a partner and say a kind thing to someone today.