

Social Skills Activities

KIND/MEAN WORDS

K/1st

Matteo's Words



I Can Use Kind Words!



Kind or Unkind

"Ha! You got it wrong!"

Social Emotional Learning

note to the educator

This lesson on **Kind vs. Hurtful Words** can be used on its own or as part of larger Social Skills unit. The activities are truly **developmentally appropriate** for your youngest learners (K/1st) and require zero independent reading.

It's flexibly designed to accommodate any SEL delivery method or schedule.

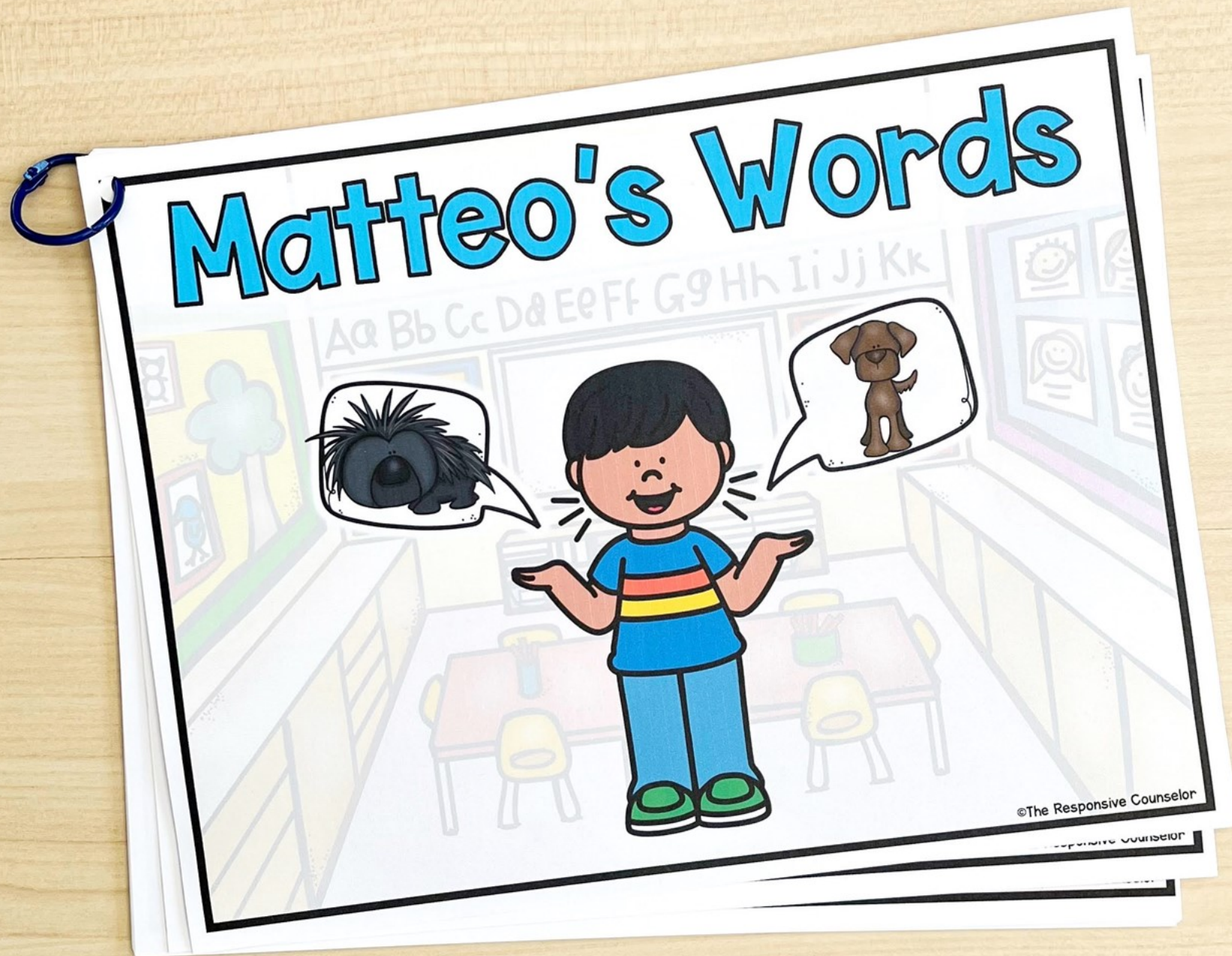
It was also created using SEL **research-based** best practices:

- Focus on 1 or more specific skills
- Includes activities to practice the skill(s)
- Incorporates cooperative learning
- Provides opportunity for self-reflection

resource includes:

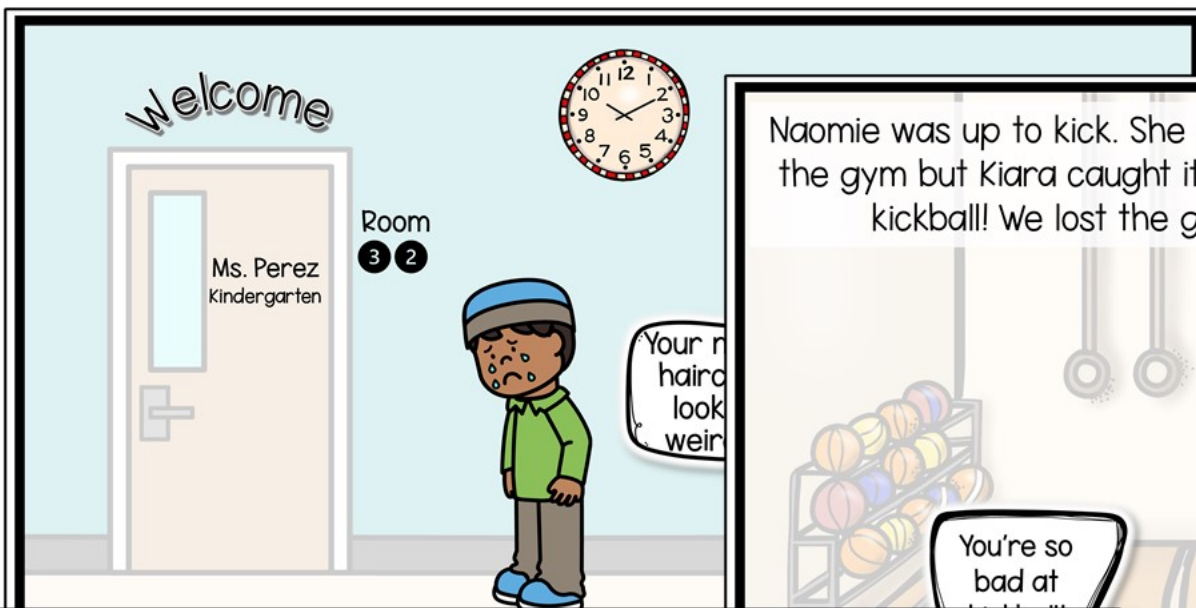
- Short story
- Whole group activity
- Small group practice activity
- Closing circle questions
- Extension activity
- Poster/coloring pages
- Recommended book companions

short story

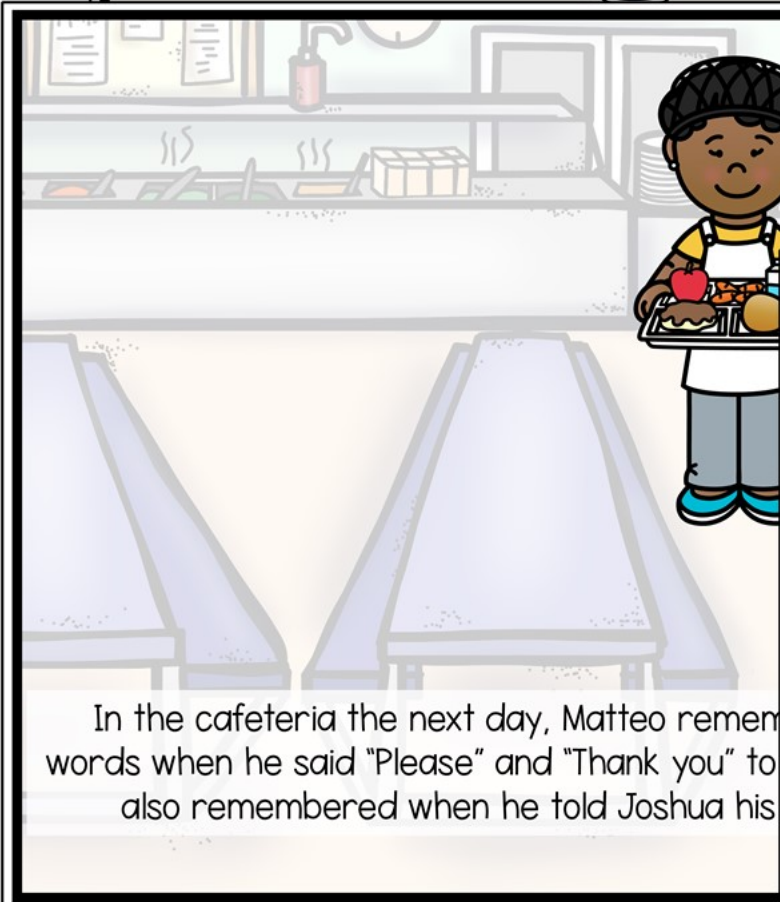
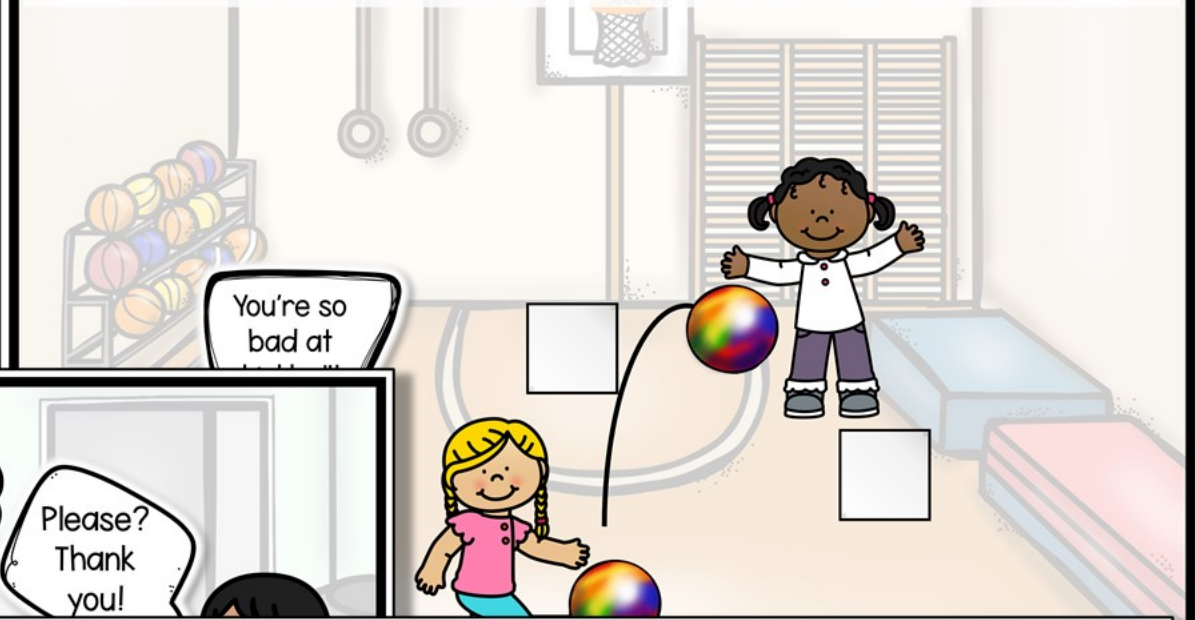


Matteo and his classmates learn that some words hurt others and some words make others feel good.

short story



Naomie was up to kick. She gave it a hard kick and it flew to the back of the gym but Kiara caught it, and Jordyn was out. "Ugh, you're so bad at kickball! We lost the game because of you!" shouted Matteo.



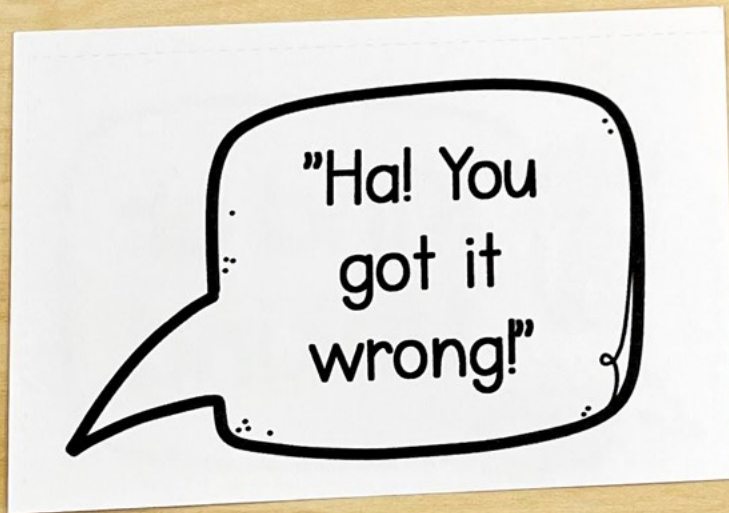
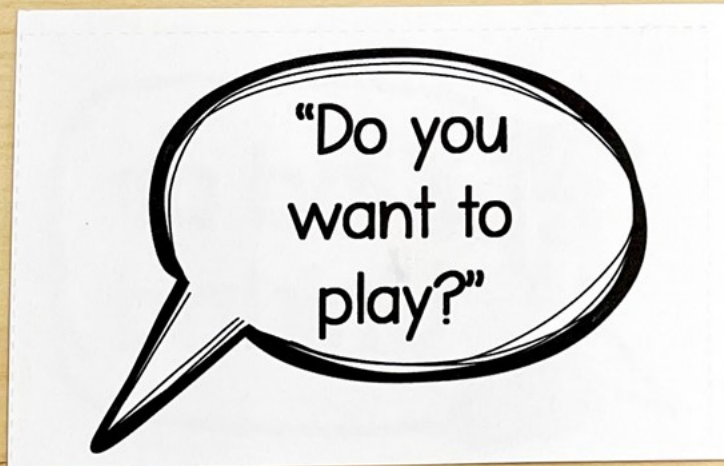
In the cafeteria the next day, Matteo remembered words when he said "Please" and "Thank you" to also remembered when he told Joshua his

Later that day, Ms. Perez's class went out to recess and Matteo was still remembering to think about his words while playing soccer. Su Jin went to kick the ball but missed. "That's okay Su Jin, try again!" encouraged Matteo. She tried again and kicked the ball right to the back of the net! "Awesome kick!" shouted Matteo. He saw Su Jin's face light up. He knew his kind words made her feel good and that made him feel good, too.



12 pages

whole group activity



Movement-based activity to identify kind puppy words vs. unkind/hurtful porcupine words.

independent/ small group activity

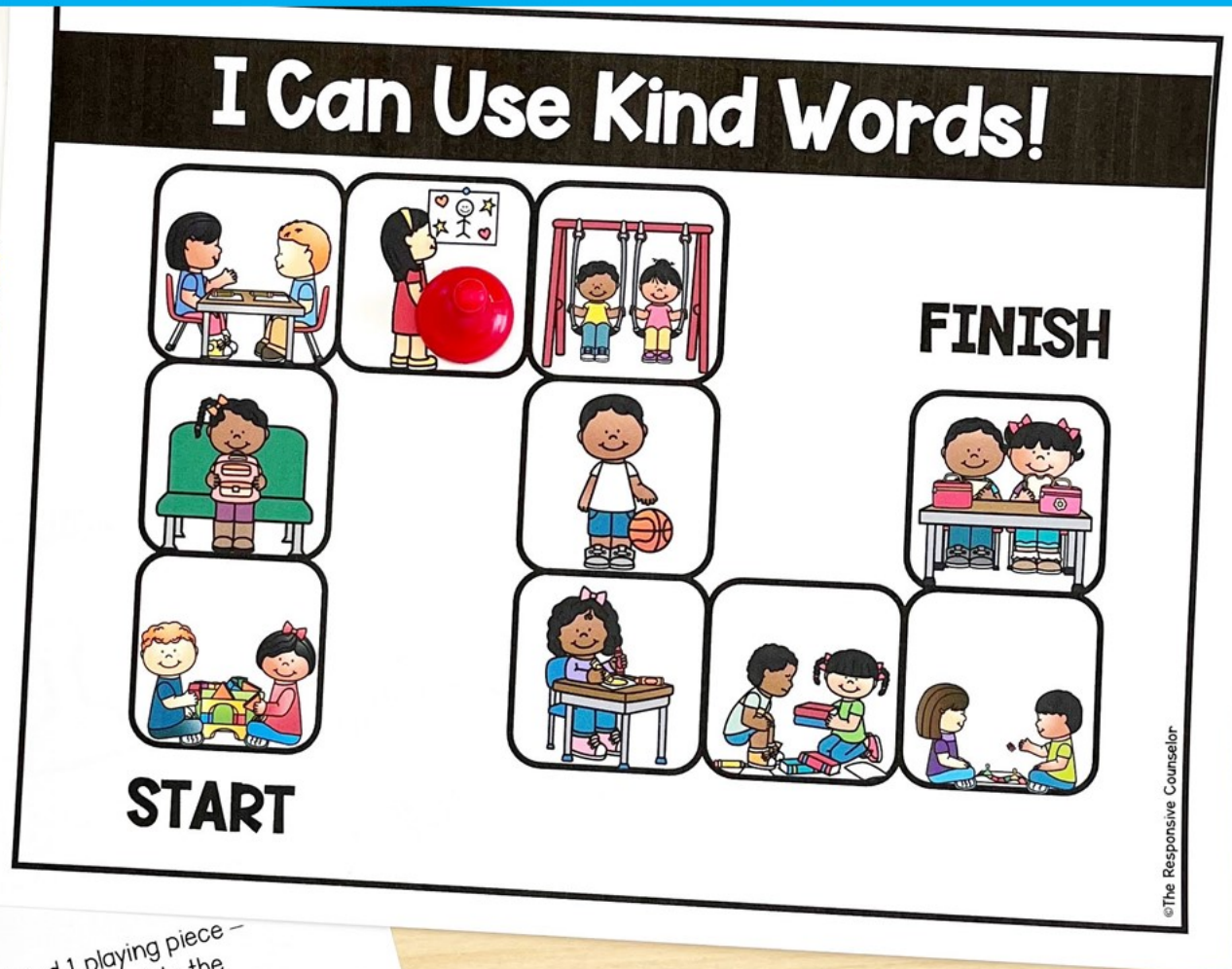
Color Game Pieces



Black & White Game



- Reminder: each group receives 1 game board and 1 playing piece – this is a cooperative game meaning they are trying to get to the end together



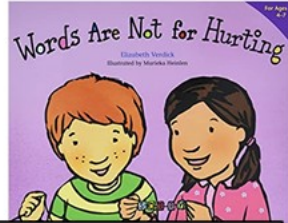
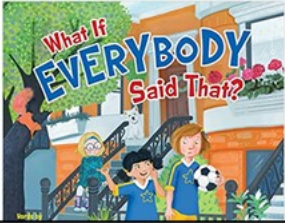
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Students practice using kind words in a structured cooperative game

extensions

Book Companions

This lesson can be used without any stories, but the following picture books would make for great companions. Click on the covers to find them on Amazon.



Reinforcing Kind Words

Your students just received a lesson about KIND WORDS vs. UNKIND WORDS. Below is an extension and reinforcement activity you can use with your class to make their learning stick!

"When _____ (school counselor) visited our classroom, you learned about kind words and unkind words. Who can tell me what porcupines and puppies have to do with them?" (we can say that unkind words are like porcupines that hurt us, and kind words are like puppies that make us feel good)

"I am going to give you some unkind porcupine words and your job is to tell me how you can change them to make them kinder puppies. Are you ready for the challenge?"

Name: _____

I can use kind words



Name: _____

I can use kind words



I can use kind words.

how to use

Use for one lesson or multiple lessons.

Can also be used for small group/tier 2 support.

PACING GUIDE (25-30 minute lesson)

- Story (7-10 minutes)
- Whole group activity (choose just 4-6 examples – 5 to 7 minutes)
- Introduce small group activity (5 minutes)
- Small group practice activity (7-10 minutes)
- Closing circle question: (3-5 minutes)

PACING GUIDE (45 minute lesson)

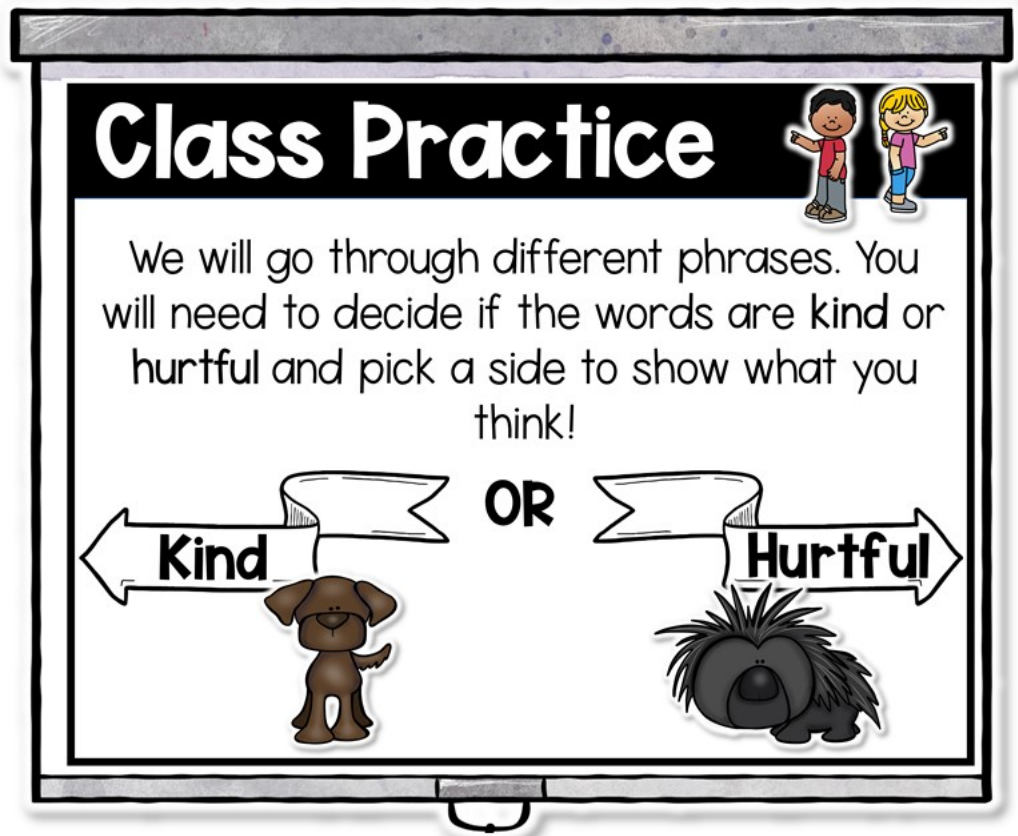
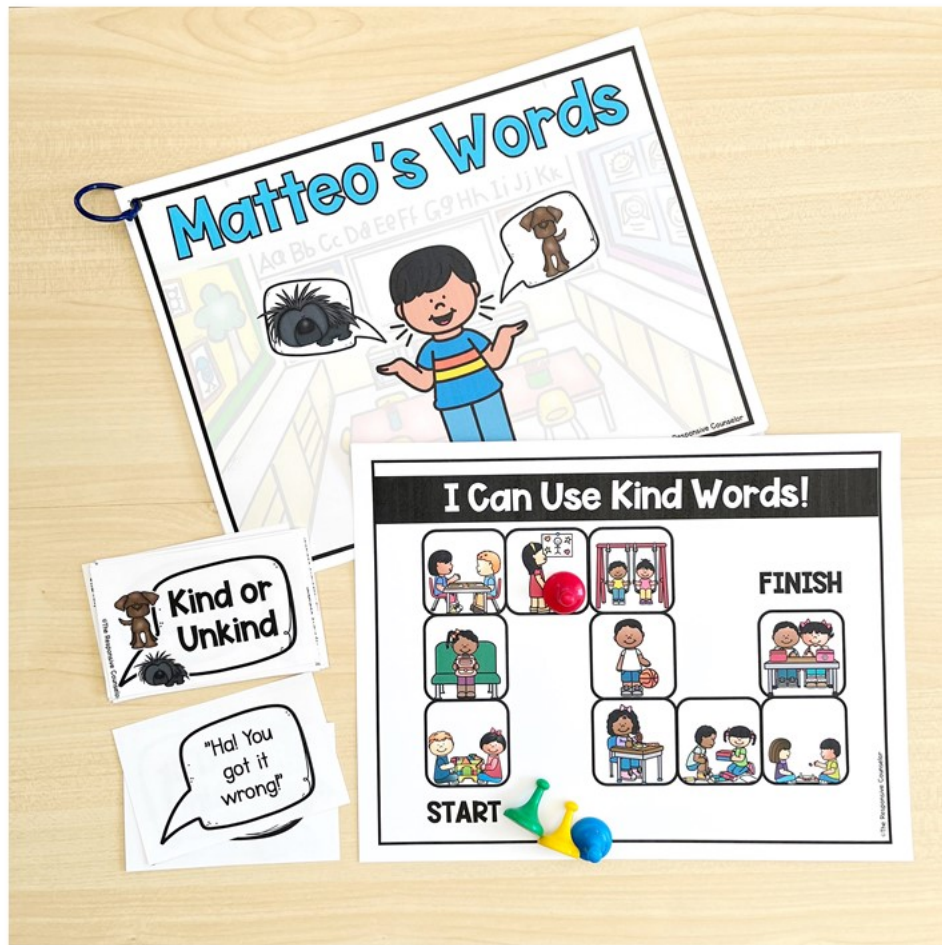
- Same as above, but use 8 or more scenarios for the whole group practice activity
- Students color the "I can" page
- Read a recommended book companion

PACING GUIDE (super mini lessons, weeklong)

Mon	Read and discuss story
Tues	Whole group activity
Wed	Small group practice activity
Thurs	Extension activity + 1 recommended read aloud
Fri	Color "I Can" page + closing circle

how to use

Love technology?
Use the included
slideshow to guide
the activities.



Want a tech-free
option?
Everything can be
done screen-free
with printables.

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a school counselor from a large southeastern school district with a wonderfully diverse group of students. I create and implement a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. I also share my ideas and resources to reach students and help educators across the world!

Let's
Connect:

