



Iowa National Guard Youth and Teen Program
Family Programs Office
JFHQ A-1 RM 186
7105 NW 70th Avenue
Johnston, IA 50131



Lesson Subject: The Power of Hurtful Words

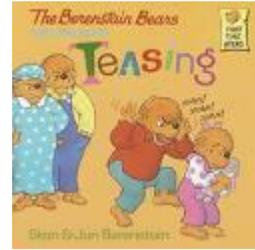
Age/Grade Level: K-1

Date:

Location:

Instructor: Jeremy Van Wyk, IA SYC

Time: 30 Minutes



This lesson was used on a K/1 combined classroom. Adaptations will allow this to be used at higher grade levels.

Objective(s):

Given a map of the world, SWBAT see all of the places Servicemembers from Iowa are located and, through discussion, better understand Servicemembers do more than just fight in wars.

Given a map and a discussion over the many locations Guard Servicemembers are located, SWBAT better understand there are many families in Iowa with deployed loved ones.

Given the story The Berenstain Bears and Too Much Teasing, SWBAT identify different ways our negative words affect others.

Given the toothpaste activity and the story, SWBAT to better understand how negative words cannot be taken back once said.

Given the activities, story and discussion, SWBAT state at least five reasons why we should respect each other and not use hurtful words (promote positive citizenship).

Materials:

Dry erase markers and board, world map with locations of service members marked on it, tubes of toothpaste (one per 3-4 students), a toothpick for each student, a small paper plate, Citizenship Certificates, The Berenstain Bears and Too Much Teasing

Lesson:

1. Begin by introducing yourself
2. Follow with "How many of you have ever heard of places like Iraq and Afghanistan? What about places like Germany or Korea?"
3. Show map with locations of Iowa service members marked on it and talk about how many service members from Iowa are protecting/serving around the world. Explain the fact NG Service Members do more than fight wars (rebuild cities, transport food, help to supply clean drinking water, surveillance, etc.)

Jeremy Van Wyk
State Youth Coordinator
Iowa National Guard
Work: 515.252.4040 or 800.294.6607 ext. 4040
jeremy.vanwyk@us.army.mil

4. "What does it mean to protect and serve people? Have the students discuss (recording on the board) then give even more examples of people who protect and serve us – police officers, teachers, etc.
5. "All of the people you mentioned are considered good citizens. (Ask students to define what citizenship means – write on board) Being a good citizen means we help others, support others and speak kindly of others. People, who hurt others, either by actions or words (teasing), are not good citizens."
6. "What does it mean to tease someone?" "How does it make you feel when someone teases you?" (Provide examples of this)
7. "When we tease someone our words are out there and we can't take them back..."
8. Introduce toothpaste activity to the kids and have them get into groups of 3-4
9. Introduce the book, The Berenstain Bears and Too Much Teasing
10. Begin reading the book and discussing as you read (You may have to prompt students (initially) as to when to squeeze toothpaste out)
11. As the story is being read, students should work to complete the activity (as described below)
12. Review the lesson and talk about how people can be teased for many reasons and how it can be very hurtful (remind them to think of the activity and how once we say hurtful words, they're out there and there is nothing we can do to take them back)
13. When we don't hurt or harm others but rather help and support them, that makes us a good citizen. Soldiers, Airmen/women, police officers, and many others are great examples of people who are good citizens.
14. What makes you a good citizen? (going to school, helping at home, helping at school, treating others with respect, etc.)
15. Have the students recite the Citizenship Pledge:

I will always be a good citizen
And care about my friends.
I will always do what's asked of me,
Working hard until the end.
I will never say hurtful words
About those I love and know.
I will always be a good citizen,
It's the only way to go!

~Jeremy Van Wyk, SYC IA
15. Pass out Citizenship Certificates

Activity:

Prior to reading the story, the students should gather into groups of 3-4, each with a paper plate, a toothpick for each student and a tube of toothpaste. Explain to the students that the toothpaste is going to represent the hurtful words people say when they tease us/we tease them. As the story is being read, the students should

*Jeremy Van Wyk
State Youth Coordinator
Iowa National Guard
Work: 515.252.4040 or 800.294.6607 ext. 4040
jeremy.vanwyk@us.army.mil*

squeeze a small amount of toothpaste (representing the negative/hurtful words in the story) out onto the plate. Remind them to not squeeze all of it out at once, but rather a little at a time (about the size of a dime).

As the story continues, break for a little discussion about the amount of toothpaste on the plates. Continue reading the story. After the story has been entirely read, have the students take time to look at all of the toothpaste on the plate.

“Sometimes we say hurtful or teasing words and later wish we could take them back. Do all of you remember what we said the toothpaste represented (our hurtful words)? Well, much like when we say hurtful things, we can’t take them back. We can apologize and say ‘I’m sorry’, but once we say things, especially negative things, the other person will remember them for a very long time.”

“To better understand this, I want you to think back to our story (or a time when you said something hurtful or mean to someone else); could you take those words back? Not always. I now want you and your partners to try and put the toothpaste you squeezed out (our negative words) back into the toothpaste tube, using your toothpicks.”

“As you do this I want you to decide whether it was easier to squeeze the toothpaste out or put it back in.”

Conclusion:

What did all of you think about our activity today?

Was it easy to put the toothpaste back into the tube?

Do you see how saying hurtful things can be like the toothpaste and not easy to put back/take back?

What do you think would be a solution to the problem of teasing others? How could we prevent hurting others with our words?

Answer any remaining discussion questions.