**Grade 1: Brush Up on RESPECT**

**Objectives:** Students will understand the importance of using kind words and treating others with respect

**GU.300.70:**  Students will demonstrate the knowledge, attitudes, and interpersonal skills to help them understand and respect self and others.

**Materials Needed**: tubes of toothpaste, index cards, markers, popsicle sticks/toothpicks, book: *Words are Not for Hurting*, Toothpaste “I” statements, crayons

1. Introduction
2. Talk about the importance of using kind words
3. Ask student to think of/some kind words; Write them up on the board
4. Ask students to think of something that is said that might NOT be kind; Whisper them aloud, because we don’t want them to have any power over us!
5. Demonstration
6. Have students take an index card and draw a big “R” in the center of it. Tell the students that we are going to brush up on our respect by covering that R, which stands for respect, with toothpaste.
7. Instruct students to squeeze out the toothpaste to trace over the letter R.
8. As they are covering it, make a connection to the cleaning power of toothpaste and how it is like cleaning out the unkind words and only leaving behind the Kind words in your mouth.
9. Ask students to use the popsicle stick to put the toothpaste back in the tube. When they can’t, explain that Rude or Unkind words, once spoken, can NOT be taken back.
10. Ask students what they should do when, by accident, some unkind words slip out? APOLOGIZE
11. Discuss and demonstrate the steps to giving a heartfelt apology.
12. Book: Words are NOT for Hurting
13. Read book
14. Discuss
15. Activity: Toothpaste “I” statements
16. Discuss the importance of using your kind words to let someone else know how their behavior is affecting you.
17. Demonstrate and practice giving “I” messages; Example: “I feel hurt when you call me names. I need you to stop.” “I feel sad when you don’t let me play with you. I need you to give me a chance to show you that I am a good friend.”
18. Hand out toothpaste sheets
19. Instruct students to create an “I” statement for someone and write it on the toothpaste sheet.
20. Color
21. Share
22. Closure
23. Encourage students to give their “I” statements to the person they have in mind, so they will know how they are feeling.
24. Encourage students to practice using “I” statements every day.
25. Instruct students to keep their “R” notecard in their reading book as a daily reminder to always use KIND WORDS!