**Grade 5: THINK Before You Speak**

**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**: scrap paper, construction paper, scissors, post-it notes, markers

1. Introduction
2. Talk about the importance of using kind words
3. Ask student to think of/some kind words; Have them write one on a post-it note and stick them up on the board (or have them type the word into smart tablets and post it on promethium board)
4. Ask students to think of something that is said that might NOT be kind; Have them write one on a post-it note and stick them up on the board (or have them type the word into smart tablets and post it on promethium board)
5. Demonstration

a. Have students take a piece of scrap paper crumple it up, stomp on it and really mess it up but do not rip it. Then she had them unfold the paper, smooth it out and look at how scarred and dirty is was.

b. Tell them that the wrinkles are the UNKIND words that were said them. Instruct student to tell it they’re sorry. Now even though they said they were sorry and tried to fix the paper, some scars are left behind. And that those scars will never go away no matter how hard they tried to fix it.

1. Video: Use Kind Words…They Have Power (Public Service Announcement) on Youtube.com

Read short story…

“This morning I woke up to a text message from my mom that said, “I want you to know that you are a talented, smart and incredible and perfect from the inside out.”

When I read it I smiled so brightly that I did not need to open the blinds and look out to know it was going to be a beautiful day.

As I chose my work clothes for the day I took extra care. I tried on a few items until I found the ones that made me look as good as I felt.

As I sat on the bus on my way to school, I thought to myself, “Does she know how wonderful she made me feel this morning with her simple and kind words?”

This made me think of the power of words. Can you imagine how something so simple can make such a big impact?

So I challenge you and myself to be kind with our words. See how many people’s days you can change with your kind words.

Don’t underestimate the power of good words. Instead, use them as gifts to those around you.”

1. Activity: THINK Before You Speak Cards
2. Hand out construction paper
3. Have students fold it in half
4. On one side; cut 4 strips (to make 5 flaps)
5. Write the letters “T, H, I, N, K” on each strip and the words “Before You Speak” on front.
6. On inside cover, write “Is what you are saying, texting or typing…”
7. Under each flap write:

T-rue?

H-elful?

I-nspiring?

N-ecessary?

K-ind?

1. Tell students that if they answer YES to each question, then go ahead and say what they are thinking; But, if the answer to any of those questions is NO or I Don’t Know, then DON’T say what they are thinking!
2. Keep card handy as a reminder to THINK BEFORE YOU SPEAK!!