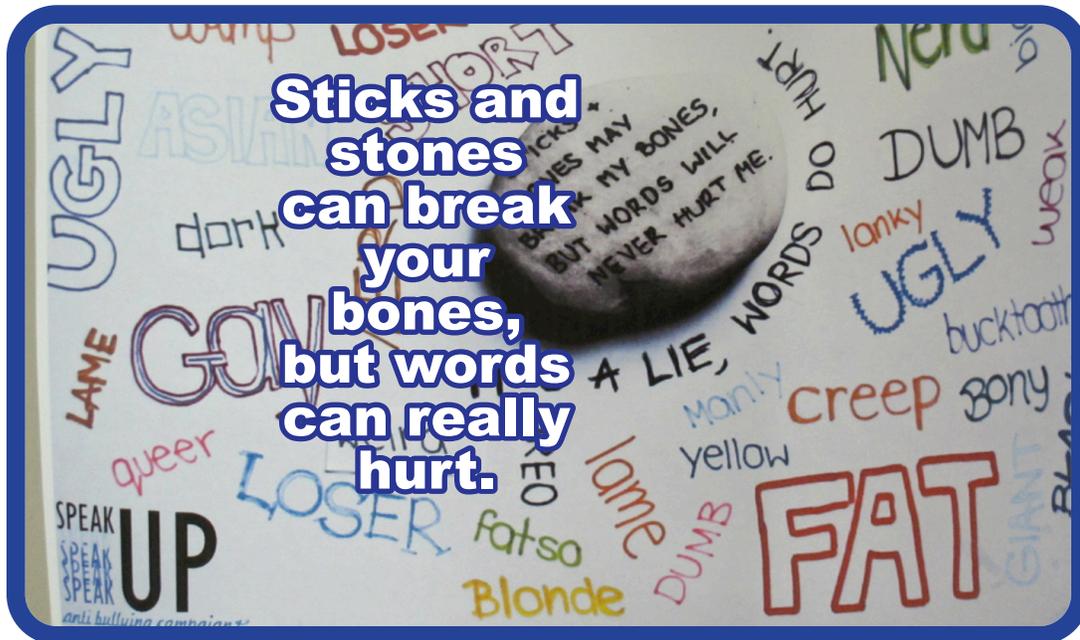


Consequences of Their Words



Choose your words carefully. There is never a good reason to hurt someone with your words.

1. Some words can make you feel great and some words can make you feel awful. Below is a list of words. Next to each word write the word “help” if you think it’s a positive word or “hurt” if you think it’s a negative word.

Nice _____ Ugly _____ Loyal _____ Support _____ Cute _____ Fat _____
 Mean _____ Friend _____ Smart _____ Care _____ Stupid _____ Idiot _____

2. Have you ever heard “Sticks and stones can break my bones but words will never hurt me?” Why isn’t that saying true?

3. Which of the statements, the one on the picture or the one above, is the best for you to follow as a student? Why do you feel that way?

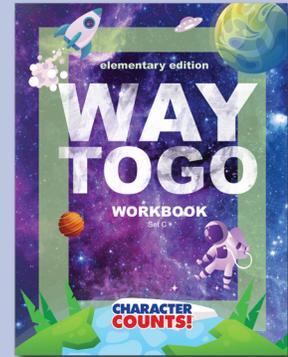
4. What are some unkind words that were said to you? How did those words make you feel?

Way To Go Journal

This lesson is published in our Way To Go Journal.

It is written for grades 3-5 but can be adapted to fit your grade level needs.

[See sample lessons from the Way To Go Journal.](#)



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