



### Create a curricular lesson

- Learning to use your words, not spit
- We should have good manners, and excellent food.
- Respecting and respecting of social skills,
- Learning to express our feelings, instead of "cheating" or "spitting"
- Learning to use our words, not spitting"



# Learning to Use Our Words, Not Spit



Sometimes, I feel upset.



When I feel upset, I want to spit.



Spitting makes my friends sad.



I can use my words to say, "I'm  
upset."



I can say, "I need help."



My teacher and friends like it when I use words.



Using words makes me feel proud.



I can use words, not spit, to feel better.

# Vocabulary

⇒ ■ Vocabulary:

## 1. **Upset**

- Feeling sad or angry inside

## 2. **Spit**

- To push saliva out of your mouth

## 3. **Friends**

- People you like to spend time with

## 4. **Words**

- Things we say to tell others how we feel

## 5. **Help**

- Getting support from someone when you need it

## 6. **Proud**

- Feeling good about what you have done

## 7. **Teacher**

- A person who helps you learn new things

## 8. **Better**

- Feeling happier and more comfortable

# Spellings

A: Upset

B: Upsat

A: Spit

B: Spitt

A: Friends

B: Freinds

A: Words

B: Wurds

A: Help

B: Helpp

A: Teacher

B: Techer

A: Proud

B: Prowd

A: Better

B: Beter

# Comprehension Questions

■ Topic: Learning to Use Our Words, Not Spit  
Comprehension Questions (Choose the Best Answer)

**1. What can you do when you feel upset?**

A: Spit

B: Use your words and say, "I'm upset."

**2. How does spitting make your friends feel?**

A: Happy

B: Sad

**3. What can you say if you need help?**

A: "I don't need anything."

B: "I need help."

**4. Who likes it when you use your words?**

A: No one

B: My teacher and friends

**5. How do you feel when you use your words?**

A: Proud

B: Angry

**6. What should you use to feel better?**

A: Spit

B: Words

# Open-Ended Questions

1. How do you feel when you use words to say how you feel instead of spitting?
2. What can you say if you feel upset and need help from a friend or teacher?
3. Why do you think using words instead of spitting is important?
4. How do you think your friends feel when you use words to tell them how you feel?
5. Can you think of a time when you used your words and felt proud? What did you say?