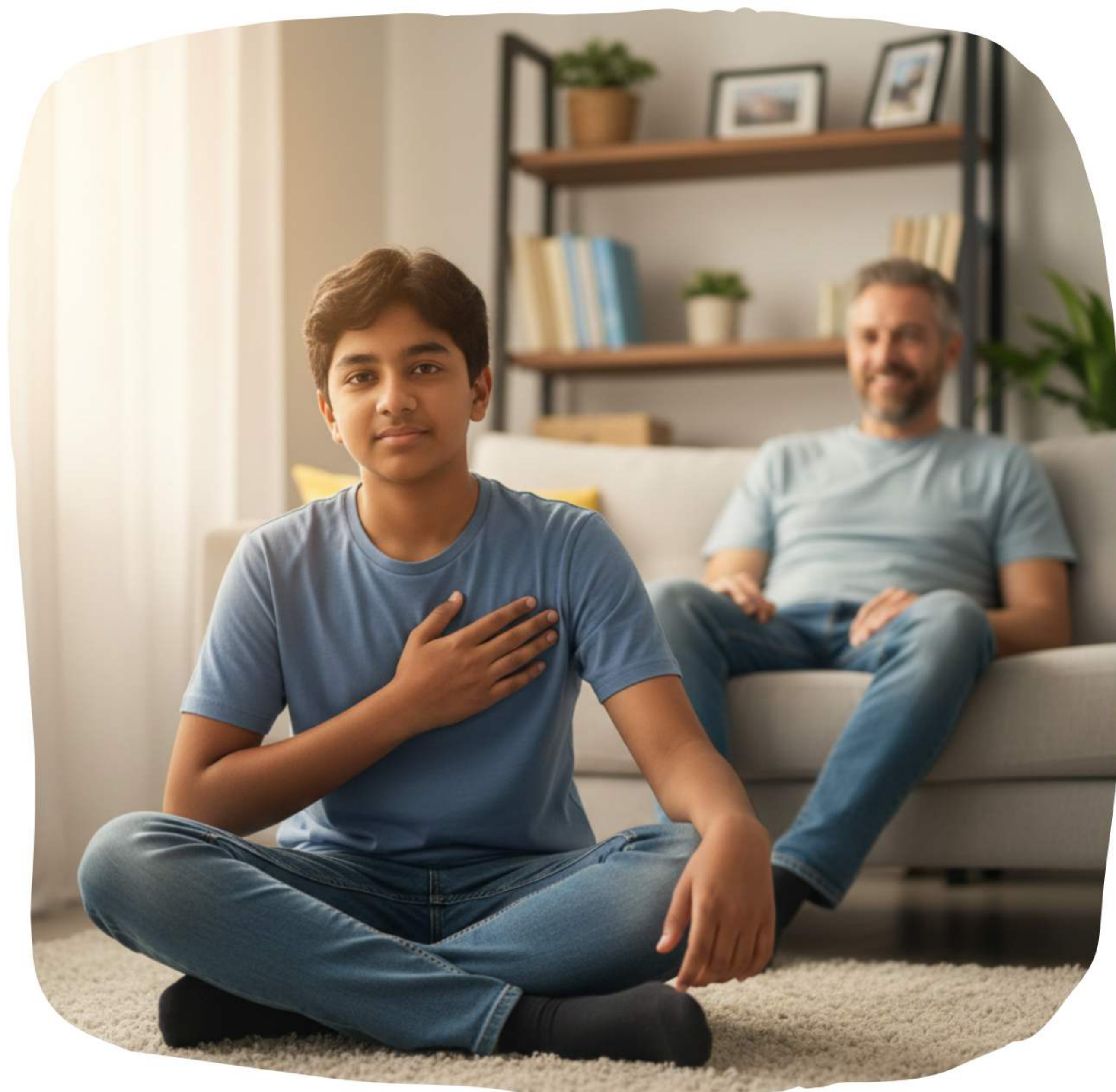




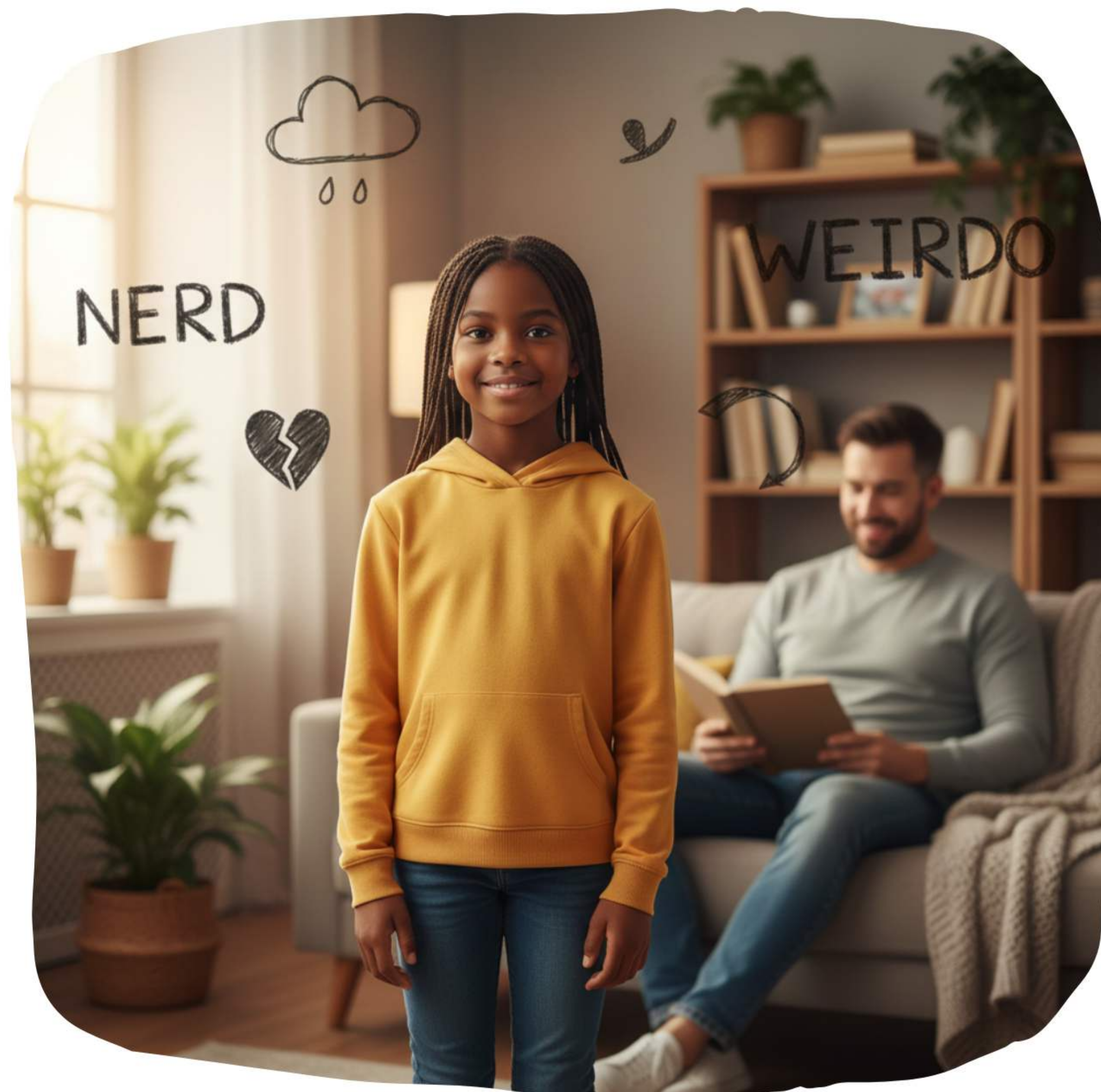
“Sometimes people say things that hurt my feelings.”



“When someone makes fun of me, I might feel sad, embarrassed, or angry.”



“These feelings are real, and it’s okay to have them.”



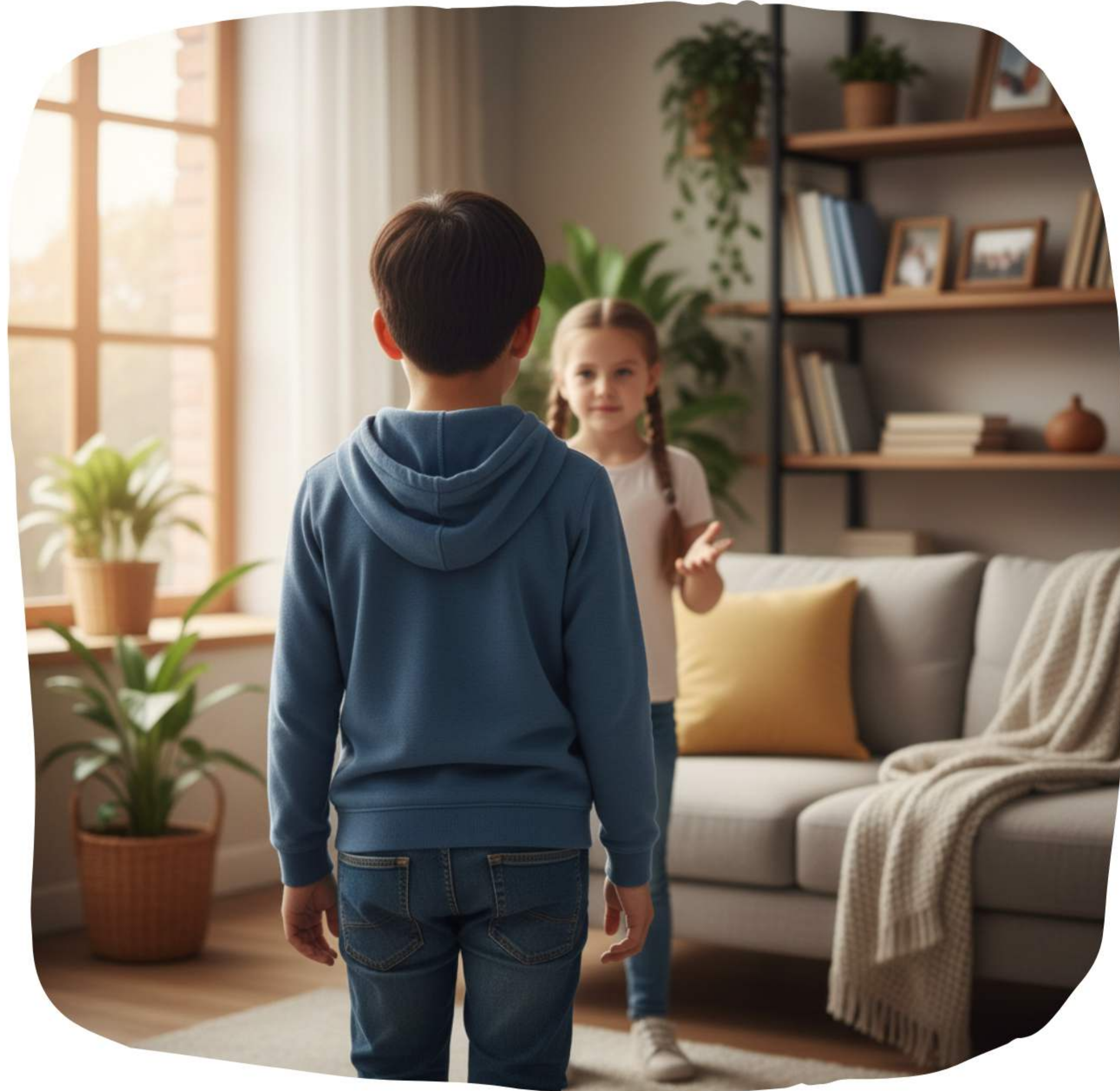
“What someone says about me does not decide who I am.”



“When I hear mean words, I can take a slow, deep breath.”



“I can remind myself, ‘Their words are not true.’”



“I can choose not to say mean words back.”



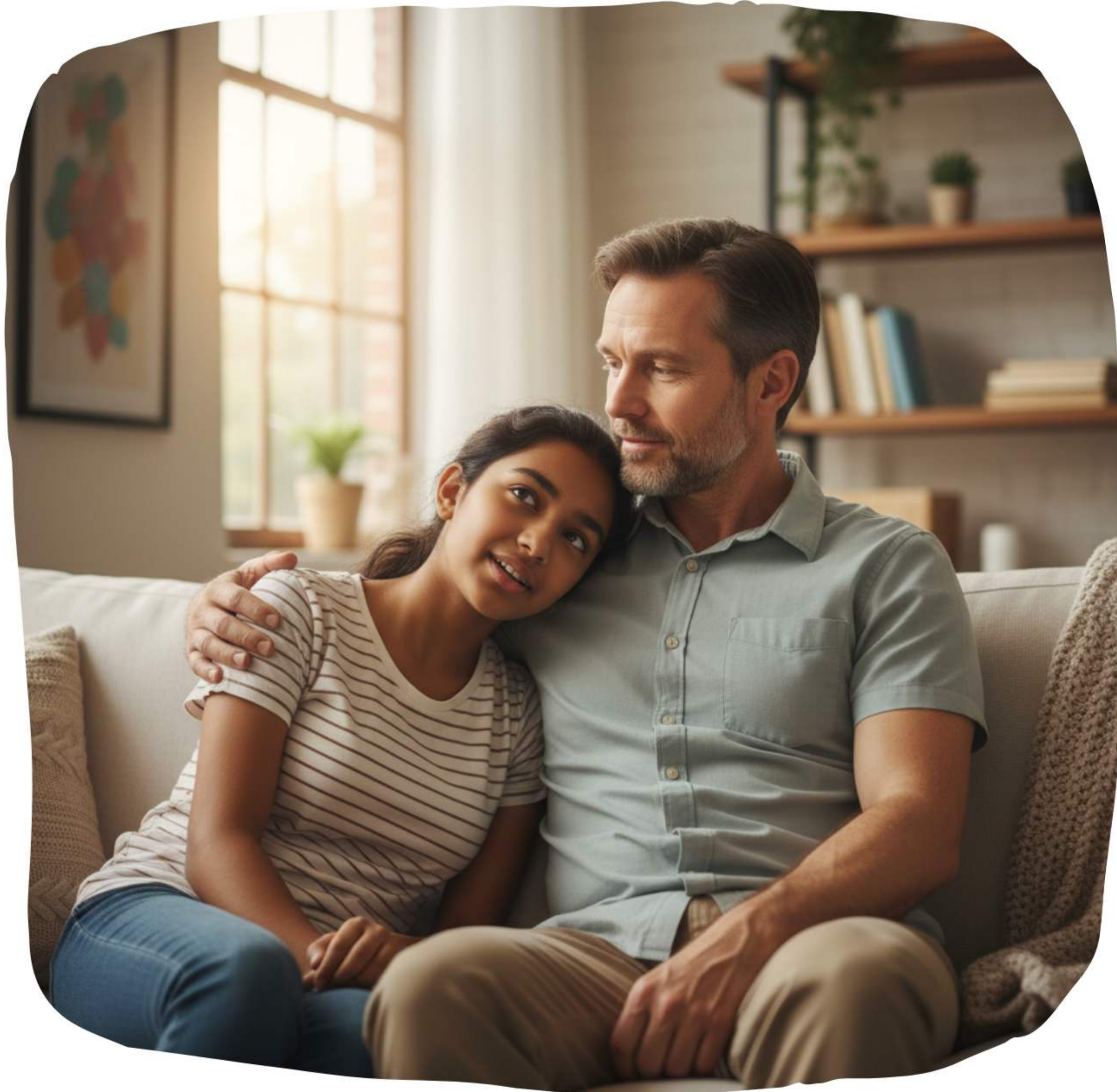
“Walking away is a strong and brave choice.”



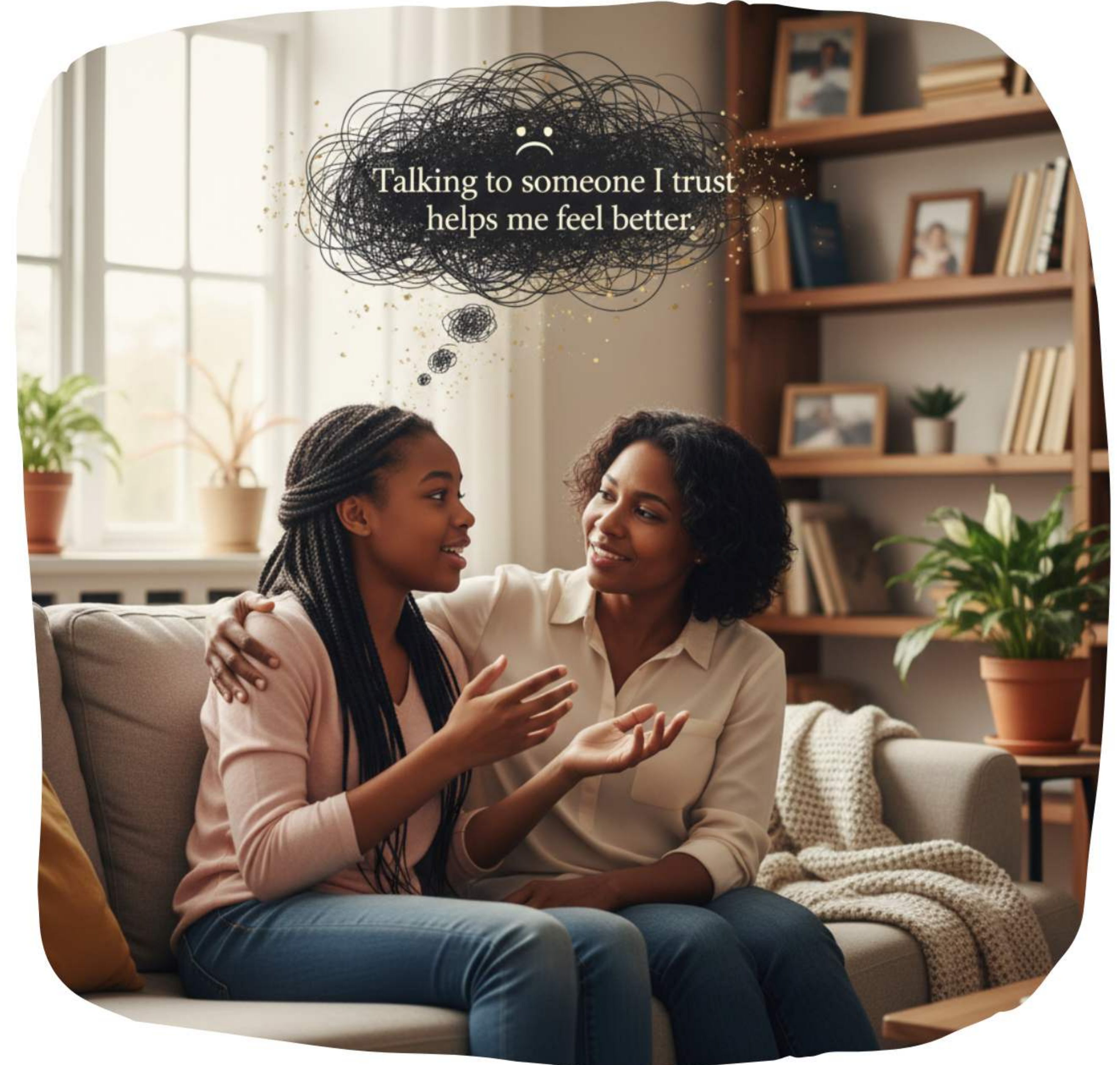
“I can tell someone, ‘That’s not kind. Please stop.’”



“If the person doesn’t stop, I can find a safe adult.”



“Telling an adult is not tattling—it is asking for help.”



“Talking to someone I trust helps me feel better.”



“I can spend time with people who treat me kindly and make me feel safe.”



“I can remind myself of things I like about me.”



“Someone else’s unkind words don’t change my worth.”



“Even when someone makes fun of me, I can stay strong, safe, and proud of who I am.”



Vocabulary

- Unkind

A: Not nice; hurtful. (Correct)

B: Friendly and gentle.

- Embarrassed

A: Feeling shy or uncomfortable about something.
(Correct)

B: Feeling excited.

- Worth

A: How valuable and important I am. (Correct)

B: A type of game.

- Assertive

A: Speaking up calmly and clearly. (Correct)

B: Yelling loudly at others.

- Safe

A: Protected and okay. (Correct)

B: Lost or in danger.



Spellings

A: Kyind

B: Kind (Correct)

A: Stop (Correct)

B: Stopp

A: Stronng

B: Strong (Correct)

A: Werds

B: Words (Correct)

A: Braive

B: Brave (Correct)



Comprehension

- What can I do when someone makes fun of me?

A: Take a deep breath to stay calm. (Correct)

B: Say mean words back.

- Are mean words true?

A: No, mean words are not true. (Correct)

B: Yes, they always tell the truth.

- What can I say calmly if someone is unkind?

A: "That's not kind. Please stop." (Correct)

B: "You're mean!"

- Who can I talk to if the person doesn't stop?

A: A safe, trusted adult. (Correct)

B: No one at all.

- Do unkind words change my worth?

A: No, I am still important and valuable. (Correct)

B: Yes, they decide who I am.



Open-Ended Questions

- How do you feel when someone says something unkind?

- What helps you stay calm during upsetting moments?

- Who are the people you trust to talk to when you feel hurt?

- What is one thing you like about yourself?

Role-Play Activity

- **Scenario 1**

Someone says something unkind. → Practice taking a deep breath before responding.

- **Scenario 2**

You want to speak up calmly. → Practice saying, “That’s not kind. Please stop.”

- **Scenario 3**

The teasing continues. → Practice going to a trusted adult for help.

- **Scenario 4**

You feel upset afterward. → Practice talking to someone who makes you feel safe.