



Be a Friend who Supports and Trusts Others

Description

Supplies

- [Positive feedback slip for each student](#)
- Pencils

Skill Builder



Lesson

1. Ask students to raise their hands if they can remember a time someone said something that hurt their feelings.
2. Ask students to raise their hands if they can remember a time they said something hurtful to someone else.

Explain words are very powerful and can make others feel good or bad about themselves.

3. Discuss how sometimes you might be trying to express something by yelling, but the way you say

things can hurt people's feelings.

4. Example: walking in line and saying, "MOVE!" versus saying, "Excuse me." or "Can you please move?"
5. Explain it is important to use encouraging and helpful words when you are talking to others instead of yelling at them.
6. Tell students one way we can help and encourage others is by giving positive feedback.
7. Review the [Positive Feedback Skill Builder](#).

Praise the person for
what they did

Tell them how it
made you feel

8. Ask students to think back to a time someone gave them positive feedback and how it made them feel.
9. Ask students to share a time they could have given positive feedback to someone else.

Examples: when someone helped you with your homework, when someone shared a toy with you, when someone congratulated you, when someone shared their food with you

10. Remind students to always be aware of how they talk to others and encourage them to always praise the people who do nice, kind things.

Activity-Positive Praise

1. Pass out one [Positive Feedback slip](#) to each student and have them write their name on it in the blank after "Thank you."
2. Instruct them to ball it up and throw it into the middle of the circle.
3. Explain each student is going to grab one of the slips from the middle. Have each student write positive feedback for that person.
4. After they have finished writing positive feedback tell them to ball it up and throw it back into the middle.
5. Once all the papers are back in the middle, have each student choose another paper.
6. One at a time they will read aloud the positive feedback facing the person it was written for.
7. If time permits, you can print more slips and have students write positive feedback to another friend, family member, or teacher.

Category

1. Lesson Plans
2. Relationship Skills

Sel-competency-lessons

1. Relationship Skills

Grade-level

1. Grades 2-3