



Lower Lesson 1: Verbal Insults

Objective: Students will be able to identify situations in which someone is mean using words and how to stop it.

Materials: SQUABBLES At The Movies, Lesson 1

Procedures:

1. View the corresponding SQUABBLES video.
2. Review the Golden Rule: Treat others the way you want to be treated.
3. To increase the power of the Golden Rule, we suggest you help students understand that the Golden Rule truly means to treat others the way you want to be treated no matter how they treat you first.
4. Talk about how some people are going to be mean sometimes. But, no matter what, the way to win is to treat them the way you want to be treated no matter how they treat you first.
5. Discuss the power of words. Words have no power unless we give them power.
6. How does Ferdinand react to the mean words of others? Does he get upset or not?
7. Remind students: If we get upset when someone is being mean, we show them that they have the power of us.
8. Lead students in a rhythmic chant: "The more upset you get, the more fun they have. The more fun they have, the meaner they are. The meaner they are, the more upset you get." (Pat your legs in a steady beat and have students do the same as you lead them in the chant. Then snap your fingers. Then clap your hands.)
9. Do the following activity with the students.
 1. Read a conflict from the list below. Have the class discuss ways to handle the conflict. (Don't get upset. Treat them like you want to be treated, like a friend.)
 2. For each conflict, ask the students: What could happen if you get upset? (The conflict gets worse.) Will that make the person want to stop being mean or keep going? (keep going)
 3. Repeat as time allows. *For added fun, select students to act out some of the situations and respond using the skills learned in this lesson.

Conflict situations:

- I call you a bed wetter.
- I call you a stinky face.
- I call you "slowpoke" because you run slower than me.
- I call you a loser.
- I call you trash.
- I say you eat like a sloppy hippo.

Closing: Remind students that getting upset just makes things worse. Review the two steps: Don't get upset and treat them like a friend (the Golden Rule).

Optional Writing (or discussion) Activity:

Download the picture of "verbal aggression" and ask the students:

1. **AGGRESSION:** What do you think is happening in the top picture? What do you think might have happened before this? What do you think people are feeling and why? Write or discuss the story.
2. **REACTION:** What do you think happens in the bottom left picture when the target treats the aggressor like an enemy? What will make the aggressor feel like a winner and make them continue to be mean to the target? Write or discuss the story where the aggressor is the winner.
3. **RESPONSE:** What do you think happens in the bottom right picture when the target treats the aggressor like a friend? What responses will make the aggressor feel confused, frustrated, and will make the target look like the winner? Write or discuss the story.
4. Has something like this ever happened to you? What did it feel like? How did it end? Write or discuss it.