

CL-05A

Kindness and Upstanders

Grades K–1

Personal Health and Safety

Kind Words, Kind Hands

Students sort kind and unkind words and hands, learn that bullying behavior happens on purpose, again and again, and practice four upstander moves, including telling a trusted adult.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · Kindness Freeze

BIG IDEA Use kind words and kind hands. If someone is unkind, tell a trusted adult.

1 I CAN

- ☐ show kind words and kind hands.
- ☐ tell if a choice is kind or unkind.
- ☐ show four upstander moves, like telling a trusted adult.

KEY WORDS / PALABRAS CLAVE

kind	amable
upstander	defensor, defensora
buddy	compañero, compañera
bullying	acoso escolar (bullying)
trusted adult	adulto de confianza
safe	seguro, segura

2 MATERIALS

- ☐ A paper heart about the size of your hand, with the name Bruno on it
- ☐ Projector page (p. 4) on the document camera, or copied onto chart paper
- ☐ Worksheet (p. 5), one per student, and crayons or pencils
- ☐ Extension: Kindness Freeze page (p. 6) and music (optional)
- ☐ Family letter (p. 7), one per student

PREP · 5 MINUTES

- Cut a paper heart and write “Bruno” on it. Practice the hand signals once.
- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once.

3 STANDARDS

Texas Model Personal Health and Safety
5th ed., 2018

ASCA Standards B-SS 4 Empathy · B-SS 8 Advocacy skills for self and others and ability to assert self, when necessary
Mindsets & Behaviors, 2021

Health TEKS (A) identify bullying behaviors and the role of the bystander · (B) identify ways to discourage bullying · (C) describe appropriate actions to take in response to bullying such as telling a parent or another trusted adult
K §115.12(b)(12)(A)–(C)

Health TEKS (B) discuss ways of discouraging bullying · (C) explain the differences between teasing, joking, and playing around and bullying
Gr 1 §115.13(b)(13)(B)–(C)

Health TEKS describe positive social skills and personal qualities such as truth, kindness, reliability, and respectfulness
K §115.12(b)(4)(A)

Character traits caring, including kindness, empathy, compassion, consideration, patience, generosity, charity, and interpersonal skills
TEC §29.906(b)(7)

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters, not real people. We'll use the names in the stories. This paper heart is for Bruno. He is a story character in first grade. Kind means using your words and hands to help, not hurt."

DO Teach two signals. **Kind:** make a heart with your hands. **Unkind:** cross your arms in an X. Read each part of Bruno's day; students show a signal. Crumple the heart a little for unkind. Smooth it for kind.

CRUMPLE "At recess, Wyatt says, 'Go away, Bruno. You can't play.'"

CRUMPLE "In the lunch line, Fernanda bumps Bruno on purpose."

SMOOTH "Renata says, 'Bruno, come sit with me.'"

ASK "Look at Bruno's heart. Is it smooth again?" (Not all the way.) "Unkind words can hurt for a long time. Kind words and kind hands help."

TEACH 5 min

DO Show the projector page. Point to each Kind and Unkind picture; students show heart hands or the X.

SAY "Bullying is when someone is unkind to the same kid on purpose, again and again. It is hard for that kid to make it stop. Playing and joking are fun for everyone. Bullying is not fun. An upstander sees unkind or bullying behavior and helps in a safe way. Here are four upstander moves."

- 1 **Be a buddy.** Stand with them, or invite them to play. Signal: hold up two fingers side by side.
- 2 **Speak up if it's safe.** "Stop. That's not okay." Signal: a stop hand.
- 3 **Help them get away.** Walk away together. Signal: walk two fingers across your hand.
- 4 **Tell a trusted adult.** A teacher, the counselor, the bus driver or a coach. Signal: raise your hand.

SAY "Never hit or push back. Telling a trusted adult is always a good move. Telling to keep someone safe is not tattling."

Say "bullying behavior," never "a bully." Kids can change what they do.

PRACTICE 9 min

DO · 2 MIN Kind or unkind? Read each one; students show a signal. For item 3, ask, "Which upstander moves can Ximena use?"

KIND 1. Gael waves and says, "Hi! Sit with us."

UNKIND 2. Lily grabs the ball and says, "Mine!"

UNKIND 3. Every day on the bus, Rodrigo calls Noah a mean name. Ximena sees it.

KIND 4. Maya helps a classmate pick up crayons.

Item 3 is bullying behavior: on purpose, again and again. Ximena can sit with Noah, speak up if it's safe, and tell the bus driver.

DO · 7 MIN Worksheet. Help students write their name. Read each Part 1 item aloud; students circle KIND or UNKIND. Read the Part 2 story twice; students draw Renata being a buddy and copy *buddy*.

Answer key. Part 1: Kind 1, 4, 5; Unkind 2, 3, 6. Part 2: any safe buddy move, such as playing with Itzel.

WRAP-UP 3 min

SAY "Remember Bruno? Every day, Wyatt tells Bruno, 'Go away.' That is bullying behavior. Which upstander moves can Renata use?" Students show the signals. Smooth Bruno's heart once more.

CHECK "Show me the upstander move Renata can always use." (Tell a trusted adult: raise your hand.) Give the family letters to the teacher for take-home folders.

Short on time? Read practice items 1 and 3 only, and do worksheet Part 1 together; students draw Part 2 later.

5 OPTIONAL EXTENSION · 10 MINUTES

Kindness Freeze. Show page 6 on the document camera. Students move in place to music. When it stops, everyone freezes, and you read one card.

- 1 Review the signals: heart hands for kind, arms in an X for unkind, and the four upstander move signals (2 minutes).
- 2 Play. Stop the music, point to a card and read it. Students show kind or unkind. For unkind, they freeze in an upstander move (6 minutes).
- 3 Last round: read card 6 again. Ask, "Which upstander move is always a good choice?" (Tell a trusted adult.) (2 minutes).

No music? Clap a beat. Students move in place: no running and no touching.

6 SUPPORT EVERY LEARNER

EMERGENT BILINGUALS

The signals and pictures work in any language. Teach *amable* and *adulto de confianza* (cognate: *adult* / *adulto*). Let partners talk in Spanish first. Frame: "That is kind. / That is unkind."

EXTRA SUPPORT

Read every item aloud and point to each picture. Students may point instead of circling. For Part 2, students may draw only, and you can write the word with them.

STRETCH

Ask: "Why is item 3 bullying behavior?" (On purpose, again and again.) Early finishers add a second upstander move to their drawing.

7 QUICK CHECK

During the signals: if many students mix up kind and unkind, replay one more part of Bruno's day before the worksheet.

After class: I collect the worksheets and sort them into "all 6 right" and "not yet." They go home through the teacher the next day.

The worksheet is about story characters, not the child, so it is fine to collect.

8 PICTURE BOOKS (OPTIONAL)

I Walk with Vanessa by Kerascoët (Schwartz & Wade, 2018). Wordless, so it works in any language. One girl walks with a new classmate, and others join in.

Be Kind by Pat Zietlow Miller (Roaring Brook, 2018). A child wonders how to be kind after a classmate spills grape juice.

The lesson works without a book. Preview any book before you read it to a class.

9 KEEP IT GOING SCHOOLWIDE · CYCLE 5

MORNING ANNOUNCEMENT

EN "Good morning, Yellow Jackets! Use kind words and kind hands today. If someone is unkind, be an upstander and tell a trusted adult. On Wednesday, October 21, wear something orange for Unity Day if you can!"

ES "¡Buenos días, Yellow Jackets! Hoy usen palabras y manos amables. Si alguien no es amable, sean defensores y avísenle a un adulto de confianza. ¡El miércoles 21 de octubre, si pueden, vístanse con algo de color naranja para el Día de la Unidad!"

HALLWAY IDEA

For Unity Day (Wednesday, Oct. 21), post a big orange paper heart near the office. When a teacher spots kind words or kind hands, the class adds a paper hand with its class name, such as "Room 12."

TEACHER TIP

Name it when you see it: "You held the door for the whole line. Those are kind hands!"

If a student shares something personal: keep the lesson on the characters. "Thanks for telling me. Let's think about what Renata could do." If what the student said worries me, I follow up after the lesson using district procedures and my reporting guides (LR-01, CS-01).

Kind words. Kind hands.

Kind means using your words and hands to help, not hurt.

Kind

 “Come play with us!”

 Share.

 Hold the door.

 Signal: heart hands

Unkind

 “You can’t play!”

 Call names.

 Push or bump.

 Signal: arms in an X

Upstander Moves · Never hit or push back.

1 

Be a buddy.

2 

Speak up if
it’s safe.

3 

Help them
get away.

4 

Tell a trusted
adult.

Sé su amigo · Habla si es seguro · Ayúdalo a irse · Avísale a un adulto de confianza



Telling a trusted adult is always a good move.

Kind Words, Kind Hands

Kind means using your words and hands to help, not hurt.

Part 1 Kind or unkind? Circle KIND or UNKIND.

1



Ava shares her crayons.



KIND



UNKIND

2



Julián says, “You can’t play!”



KIND



UNKIND

3



Caleb knocks down a friend’s tower.



KIND



UNKIND

4



Paola says, “Come play with us!”



KIND



UNKIND

5



Héctor holds the door.



KIND



UNKIND

6



Harper calls someone a mean name.



KIND



UNKIND

Part 2 Be a buddy! Draw Renata being a buddy.

At recess, Óscar tells Itzel, “You can’t play!” Renata is an upstander.



Renata and Itzel at recess

Renata is a _____

Word bank: buddy

Kindness Freeze

Move to the music. Freeze! Listen to the card. Show **kind** or **unkind**.



1. Jack shares the ball.



2. Kayla says, “You can’t play!”



3. Grace says, “Sit with me!”



4. Tomás laughs at a friend’s drawing.



5. Natalia helps pick up books.



6. Sergio bumps a classmate again and again.



7. Isaac says, “Nice try!”



8. Regina calls a classmate names every day.

Unkind? Freeze in an upstander move!



Be a buddy.



Speak up if it’s safe.



Help them get away.



Tell a trusted adult.



Telling a trusted adult is always a good move.

Kindness and Upstanders

La amabilidad y cómo defender a los demás

Family letter · Carta para la familia · Grades K-1 · Grados K-1



ENGLISH

Dear Family,

This week, your child's class had a lesson about **kind words, kind hands and being an upstander** with the school counselor. Kind means using your words and hands to help, not hurt. An upstander sees unkind or bullying behavior and helps in a safe way. We used a paper heart to show that unkind words can hurt for a long time.

FOUR UPSTANDER MOVES

1. Be a buddy: stand with them or invite them to play.
- 2. Speak up if it's safe: "Stop. That's not okay."
- 3. Help them get away: walk away together.
- 4. Tell a trusted adult. Never hit or push back.

TRY THIS AT HOME

1. When you see kind words or kind hands, say it out loud: "You shared your crayons. Those are kind hands!"
2. Ask your child to show you the hand signals for the four upstander moves. Practice them with a stuffed animal or toy.

TALK ABOUT IT AT HOME

"What can a kid do to help when someone is unkind?"

Your child may bring home a drawing of Renata being a buddy to Itzel. Ask your child how Renata helped. If you ever have a concern about bullying, please call me.

You are welcome to see any counseling lesson or handout. Call the school office at **956-262-4741** and ask for me.

Mrs. Handy, School Counselor

ESPAÑOL

Estimada familia:

Esta semana, el grupo de su hijo(a) tuvo una lección sobre **las palabras amables, las manos amables y cómo defender a los demás** con la consejera escolar. Ser amable es usar las palabras y las manos para ayudar, no para lastimar. Un defensor (en inglés, *upstander*) ve que alguien no es amable o que hay acoso, y ayuda de forma segura. Usamos un corazón de papel para mostrar que las palabras hirientes pueden doler por mucho tiempo.

CUATRO MANERAS DE DEFENDER A LOS DEMÁS

1. Ser su amigo: quedarse a su lado o invitarlo a jugar.
- 2. Hablar si es seguro: "Alto. Eso no está bien."
- 3. Ayudarlo a alejarse: irse juntos.
- 4. Avisarle a un adulto de confianza. Nunca pegar ni empujar.

PARA PRACTICAR EN CASA

1. Cuando vea palabras o manos amables, dígalos en voz alta: "Compartiste tus crayones. ¡Esas son manos amables!"
2. Pídale a su hijo(a) que le enseñe las señas de las cuatro maneras de defender a los demás. Practíquenlas con un peluche o un juguete.

PARA PLATICAR EN FAMILIA

"¿Qué puede hacer un niño o una niña para ayudar cuando alguien no es amable?"

Es posible que su hijo(a) traiga a casa un dibujo de Renata siendo buena amiga de Itzel. Pídale que le cuente cómo ayudó Renata. Si alguna vez tiene una inquietud sobre el acoso escolar, llámeme.

Puede ver cualquier lección o material de consejería cuando guste. Llame a la escuela al **956-262-4741** y pregunte por mí.

Sra. Handy, consejera escolar