

CL-13B

My Amazing Body

Grades 2–3

Personal Health and Safety

Kind Body Talk

Students learn that bodies are different, practice kind body talk about what people do, not how they look, and use four upstander moves when a character is teased.

HOOK
3 min

TEACH
5 min

PRACTICE
9 min

WRAP-UP
3 min

OPTIONAL EXTENSION
+10 min · Kind Talk Swap

BIG IDEA

Bodies are different, and that's okay. Talk about what people do, not how they look.

1 I CAN

- ☐ say what kind body talk means: talking about what people do, not how they look.
- ☐ tell kind body talk from teasing.
- ☐ name four upstander moves to help when someone is teased.

KEY WORDS / PALABRAS CLAVE

kind	amable
different	diferente
ability	habilidad
teasing	burlas
upstander	defensor, defensora
trusted adult	adulto de confianza

3 STANDARDS

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

ASCA Standards Mindsets & Behaviors, 2021
M 1 Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being · B-SS 2 Positive, respectful and supportive relationships with students who are similar to and different from them

Health TEKS discuss ways to be kind to self and others
Gr 2 §115.14(b)(4)(A)

Health TEKS describe the importance of acceptance of oneself and others
Gr 3 §115.15(b)(5)(E)

PE TEKS explain and demonstrate respect for differences and similarities in abilities of self and others
Gr 2 §116.14(b)(12)(B)

Health TEKS describe how to effectively respond to bullying and cyberbullying of oneself or others. Used for the upstander moves; cyberbullying is not covered here.
Gr 3 §115.15(b)(13)(A)

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

2 MATERIALS

- ☐ Projector page (p. 4) on the document camera, or copied onto chart paper
- ☐ Worksheet (p. 5), one per student, and pencils
- ☐ Extension: Kind Talk Swap cards (p. 6), one set, and sticky notes
- ☐ Family letter (p. 7), one per student

PREP · 5 MINUTES

- Copy p. 5 and p. 7, one per student. Print p. 4 and p. 6 once.
- Cut the Kind Talk Swap cards apart if you plan to do the extension.
- Review the four upstander moves from the cycle 5 kindness lesson.

4 THE LESSON

HOOK 3 min

SAY "Today we'll talk about story characters, not real people. Use the names in the stories. Regina just finished a painting at the class art table. Two classmates walk by. Listen to what they say."

LOOK Héctor: "Regina, you're so short!"

DO Emiliano: "Regina, you used so many colors. It looks like a sunset!"

ASK "Which comment is about what Regina did? Which one is about how she looks?" Take two answers. "How might Regina feel after each one?" Then say: "Héctor used look talk. Emiliano used do talk. Kind body talk means talking about what people do, not how they look."

TEACH 5 min

DO Show the projector page. Read the top row of cards; the class echoes: **Tall and short. Many shades of skin. All kinds of hair. Different abilities.**

SAY "Bodies are different, and that's okay. Some people wear glasses or hearing aids. Some people use a wheelchair. Every body can do amazing things. Teasing means making fun of how someone looks or moves. Teasing about bodies is never okay, even as a joke. If someone uses power to tease on purpose, again and again, it is bullying behavior."

DO Teach two signals. **Kind body talk:** heart hands. **Teasing:** arms in an X.

SAY "If a story character is teased, an upstander helps in a safe way. Remember the four upstander moves from our kindness lesson." Point to each one; the class echoes.

- 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.** A teacher, the counselor, the bus driver or a coach.

Safety first: never tease back or fight back. Say "bullying behavior," never "a bully." Keep examples on story characters; never point to or describe a student's body.

PRACTICE 9 min

DO · 2 MIN Kind body talk or teasing? Read each one; students show a signal. For item 3, ask, "Why is this also bullying behavior?" and "Which upstander moves could help Tomás?"

KIND 1. Rodrigo tells a teammate, "Great kick! That ball flew!"

TEASING 2. At lunch, Ethan laughs at a classmate's glasses.

TEASING 3. Every day on the bus, a fourth grader copies the way Tomás walks and laughs at him.

KIND 4. Lily tells a classmate, "You worked so hard on your poem!"

Item 3 is bullying behavior (cycle 5 definition): older = power, on purpose, every day. Moves: sit with Tomás, speak up if it's safe, help him get away, tell the bus driver.

DO · 7 MIN Worksheet. Students write their name and teacher. Part 1 with a partner; Part 2 on their own. In grade 2, read Part 2 aloud together first.

Answer key. Part 1: Kind 1, 3, 6; Teasing 2, 4, 5. Part 2: Stand with Daniela; Say "Stop"; Tell the recess teacher; Walk away with Daniela. Bubble: any do talk, such as "Daniela, you are great at kickball."

WRAP-UP 3 min

SAY "Emiliano used kind body talk with Regina. On the worksheet, he was an upstander for Daniela. Which upstander move is always a good choice?" (Tell a trusted adult.)

CHECK "Show me heart hands or an X: Sam tells a teammate, 'Great catch!'" (Heart hands: it's about what the teammate did.) Give the family letters to the teacher for take-home folders.

Short on time? Read only practice items 1 and 3, and do worksheet Part 2 together as a class.

5 OPTIONAL EXTENSION · 10 MINUTES

Kind Talk Swap. Groups of 3 or 4 each take one Kind Talk Swap card from page 6. Rule: talk only about the card, never about a classmate's body.

- 1 Read the card together and find the look talk (2 minutes).
- 2 Swap it: write a do-talk compliment on a sticky note. It must be about what the character did, not how they look (4 minutes).
- 3 Each group reads only its swap aloud, in a kind voice. The class shows heart hands for do talk (4 minutes).

Groups write on sticky notes, so the cards stay clean for the next class. No one says the look talk to a classmate.

6 SUPPORT EVERY LEARNER

EMERGENT BILINGUALS

Use the hand signals and the pictures on the projector page. Point out cognates: *diferente*, *habilidad*, *respeto*. Let partners talk in Spanish first. Frame: “___ is kind body talk because ___.”

EXTRA SUPPORT

Read the worksheet aloud. Pair students. Use the word bank under the speech bubble. In Part 2, students may draw Emiliano helping instead of writing. Shorten Part 1 to items 1–4 if needed.

STRETCH

Ask: “Why is talking about what people do kinder than talking about how they look?” Early finishers swap one Kind Talk Swap card on a sticky note.

7 QUICK CHECK

During the signals: if many students show heart hands for a teasing item, reread the Teasing panel and replay Regina's two comments before the worksheet.

After class: I collect the worksheets and sort them into “all 4 moves” 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)

Stand Tall, Molly Lou Melon by Patty Lovell (Putnam, 2001). Molly Lou's grandma tells her to stand tall and be proud. At her new school, she shows a classmate who teases her what she can do. Preview: he calls her names before he changes.

Hair Love by Matthew A. Cherry (Kokila, 2019). Spanish edition: *Amor de pelo*. Zuri's daddy styles her hair for Mom's homecoming. Preview: Mom wears a head scarf; the short film (not the book) shows a hospital.

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

9 KEEP IT GOING SCHOOLWIDE · CYCLE 13

MORNING ANNOUNCEMENT

EN “Good morning, Yellow Jackets! Bodies are different, and that's okay. Today, use kind body talk: talk about what people do, not how they look.”

ES “¡Buenos días, Yellow Jackets! Todos los cuerpos son diferentes, y eso está bien. Hoy, hablen con amabilidad de los demás: fíjense en lo que hacen las personas, no en cómo se ven.”

HALLWAY IDEA

Post a “Kind Body Talk” wall near the cafeteria with do-talk speech bubbles, like “Great pass!” and “You worked hard!” When a teacher hears kind body talk, the class adds a bubble with its class name, such as “Room 12.”

TEACHER TIP

Model do talk: “Room 12, you lined up so quietly!” If you hear look talk, swap it calmly: “Let's talk about what she did. She scored!”

If a student shares something personal: keep the lesson on the characters. “Thanks for telling me. Let's think about what Emiliano 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 Body Talk

Kind body talk means talking about what people do, not how they look.



Tall and short



Many shades of skin



All kinds of hair



Different abilities



Kind body talk

“Great kick!”

“You worked so hard!”

“Thanks for helping!”



Signal: heart hands



Teasing

Making fun of how someone looks or moves.

Never okay, even as a joke.



Signal: arms in an X

Upstander Moves · Safety first. Never tease back or fight 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

Kind Body Talk

Kind body talk means talking about what people do, not how they look.

Part 1 Sort it! Read each one. Circle KIND or TEASING.

- | | | |
|--|---|--|
| 1 Paola tells a classmate, "You solved that puzzle so fast!" |  KIND |  TEASING |
| 2 Caleb laughs at a classmate's curly hair. |  KIND |  TEASING |
| 3 Kayla tells a teammate, "Thanks for passing me the ball!" |  KIND |  TEASING |
| 4 Iker makes fun of the way a classmate dances. |  KIND |  TEASING |
| 5 Harper laughs at a new student's hearing aids. |  KIND |  TEASING |
| 6 Julián tells a classmate, "You read that so well!" |  KIND |  TEASING |

Part 2 Be an upstander! Help Emiliano help Daniela.

At recess, Esteban makes fun of the way Daniela runs. Some kids laugh. Emiliano sees it.



Check ✓ the 4 upstander moves Emiliano can use.

- | | |
|---|--|
| ☐ Stand with Daniela and invite her to play. | ☐ Laugh along with the other kids. |
| ☐ Make fun of Esteban back. | ☐ Say, "Stop. That's not okay," if it's safe. |
| ☐ Tell the recess teacher. | ☐ Walk away with Daniela to the swings. |

Write kind body talk Emiliano can say to Daniela.

Daniela, you are great at _____

Do you want to _____

Word bank: kickball · tag · drawing · helping · play · swings

Kind Talk Swap

✂ Cut on the dashed lines.

1. Read your card. 2. Find the look talk. 3. Swap it for do talk on a sticky note. 4. Share only your swap.

SWAP #1



A teammate scores a goal. Someone only says, “You’re so tall!”



Look talk



Do talk

SWAP #2



A classmate builds a tall block tower. Someone only talks about the classmate’s hair.



Look talk



Do talk

SWAP #3



A new student solves a hard math problem. Someone only talks about the student’s glasses.



Look talk



Do talk

SWAP #4



A classmate sings a solo in music class. Someone only talks about her braids.



Look talk



Do talk

SWAP #5



A friend helps a kindergartner zip a jacket. Someone only talks about the friend’s freckles.



Look talk



Do talk

SWAP #6



A classmate who uses a wheelchair wins the class spelling bee. Someone only talks about the wheelchair.



Look talk



Do talk

SWAP #7



A teammate finishes the last lap of a race. Someone laughs at the way the teammate runs.



Look talk



Do talk

SWAP #8



A classmate finishes a hard puzzle first. Someone only says, “You’re missing a tooth!”



Look talk



Do talk

My Amazing Body

Mi cuerpo increíble

Family letter · Carta para la familia · Grades 2–3 · Grados 2–3



ENGLISH

Dear Family,

This week, your child's class had a lesson about **kind body talk** with the school counselor. Kind body talk means talking about what people do, not how they look. We learned that bodies are different, and that's okay, that teasing about bodies is never okay, and how to be an upstander when a story character is teased.

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 tease back or fight back.

TRY THIS AT HOME

1. Practice "do talk": notice what someone did, not how they look. "You worked hard on that drawing!" or "Thanks for helping carry the bags!"
2. When you watch a show or read a book together, ask, "What did that character do that was kind or brave?"

TALK ABOUT IT AT HOME

"Why is it kind to talk about what people do, not how they look?"

Your child may bring home a worksheet about Emiliano and Daniela. Ask your child which upstander moves Emiliano can use. If you ever have a concern about teasing or 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 **cómo hablar con amabilidad sobre el cuerpo** con la consejera escolar. Hablar con amabilidad sobre el cuerpo es hablar de lo que hacen las personas, no de cómo se ven. Aprendimos que todos los cuerpos son diferentes, y eso está bien; que burlarse del cuerpo de alguien nunca está bien; y cómo defender a un personaje de un cuento cuando se burlan de él. (En clase usamos las palabras en inglés *kind body talk*.)

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 responder con burlas ni con golpes.

PARA PRACTICAR EN CASA

1. Practiquen cómo hablar de lo que hacen las personas, no de cómo se ven: "¡Le echaste muchas ganas a ese dibujo!" o "¡Gracias por ayudarme a cargar las bolsas!"
2. Cuando vean un programa o lean un libro juntos, pregunten: "¿Qué hizo ese personaje que fue amable o valiente?"

PARA PLATICAR EN FAMILIA

"¿Por qué es amable hablar de lo que hacen las personas y no de cómo se ven?"

Es posible que su hijo(a) traiga a casa una hoja de trabajo sobre Emiliano y Daniela. Pídale que le cuente cómo puede ayudar Emiliano a Daniela. Si alguna vez tiene una inquietud sobre burlas o 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