

K-2 Words that Hurt and Words that Heal Lesson: Online/Offline Adaptation

Erin's Law Toolkit Lesson

Before implementing the lesson below, please review:

1. The guidelines at the top of the [Erin's Law Toolkit](#) and the [Key Tips for Sex Ed & Erin's Law Instruction During Distance Learning](#) for important tips on building safe and inclusive distance learning environments.
2. The original lesson, which is linked at the top of the table.

K-2	Lesson: Words that Hurt & Words That Heal Welcoming Schools
Topics	Bullying and Abuse Prevention, Respecting Difference, Bystander Skills, Feelings, Friendships
Related Oregon Health Education Standards	HE.1.K.13, HE.1.1.7, HE.1.1.14, HE.4.1.5, HE.1.2.8, HE.4.2.5, HE.4.1.7
Distance Adaptations (Online)	<p><i>Note to teacher:</i></p> <ul style="list-style-type: none"> – This lesson includes the reading of a short book and discussion points. An online reading of the book is linked to in the original lesson. – This lesson includes an interactive element, where students have a cut-out heart that they will crumple as they discuss hurtful words. You can consider working with parents/caregivers to provide this, or you can do the same activity with a piece of paper with a heart drawn on it -- or just a piece of paper. <p>Online lesson:</p> <p>Task 1 (4 minutes): Introduce the lesson and story, either with live instruction or recorded ahead of time. You can follow the script included in the original lesson.</p> <p>Task 2 (6 minutes): Read the book aloud to your students, record it ahead of time, or play the YouTube recording of the video (provided in the original lesson).</p> <p>Task 3 (10 minutes): After reading the book, provide these prompts or record your instruction ahead of time.</p>

K-2 Words that Hurt and Words that Heal Lesson: Online/Offline Adaptation



K-2	Lesson: Words that Hurt & Words That Heal Welcoming Schools
	<ul style="list-style-type: none"> • Ask your students if they have ever noticed in your school or classroom, people acting like Red or people feeling sad or excluded because of things that were said that might have hurt their feelings. • Ask them to take a minute to think about these things. • Say that you have a paper heart that you are going to crumple up a bit each time someone says one of these things that hurt. The paper heart represents students' hearts and when something is said to us that feels unkind, it makes our heart hurt. • If you are using interactive elements in synchronous instruction, you can ask your students to share. However, remind students not to call anyone by name when they give answers: "Have you heard anybody say unkind things or do mean things in our classroom or our school?" After students answer, you can ask follow-up questions about how they or others felt when they heard the unkind words. • If you are recording ahead of time, you can give common examples of things you've heard or things from the story. • Describe that these words hurt, and crumple a part of your paper heart, prompting the students to do the same. • Ask your students: What are some things that you could do to help when you have heard or seen something unkind? How could you make someone feel more welcomed and included again? How would you help stop the hurtful teasing or bullying? <ul style="list-style-type: none"> ○ Prompt for answers, or describe them yourself: <ul style="list-style-type: none"> ■ talking with or befriending the targeted student ■ telling an adult right away ■ talking with the student who is being mean, causing a distraction to help stop the harassment (if this is safe) ■ speaking up in the moment and saying, "STOP" and finding an adult, etc. • For every idea that you or students share, smooth out your paper heart a little. • Close the lesson by asking "If somebody was being mean to you and making you feel excluded, what would you hope someone would do?" and say that you hope all of us can do these things to make our school and world a more kind place.

K-2 Words that Hurt and Words that Heal Lesson: Online/Offline Adaptation

K-2	Lesson: Words that Hurt & Words That Heal Welcoming Schools
Distance Adaptations (Offline)	<p>Offline activity: Provide a copy of the book to parents and caregivers. They can read the book with their students and have a conversation about words that hurt and words that heal. Parents can cut out a heart for their child to crumple/smooth as they discuss hurtful and healing words and actions.</p> <p>Offline prompt for caregivers and family discussion:</p> <ul style="list-style-type: none"> • “Have you heard anybody say unkind things or do mean things in your classroom or our neighborhood?” <ul style="list-style-type: none"> ○ Ask follow-up questions about how they or others felt when they heard the unkind words. • “What are some things that you could do to help when you have heard or seen something unkind? How could you make someone feel more welcomed and included again?” <ul style="list-style-type: none"> ○ Write those down and discuss ways to make the world a kinder place.