

BULLYING AND VIOLENCE PREVENTION

SIXTH GRADE

LESSON 3

TITLE: Thoughts, Words, and Deeds!

PURPOSE: To understand the negative impact thoughts, words, and actions have on others.

OBJECTIVES: The student will be able to:

- identify how thinking affects reaction to an incident and the consequences of our behavior.
- work towards exhibiting positive behaviors in times of conflict.

SUNSHINE STATE STANDARDS: LA.6.6.3.1, 6.6.4.1, 6.1.7.4

STUDENT SERVICES BENCHMARKS AND STANDARDS: PS 1.2, 1.3, 4.6

VOCABULARY: empathy, incident, thought actions, outcome, behavior, affect

INSTRUCTIONAL TIME: 45 Minutes

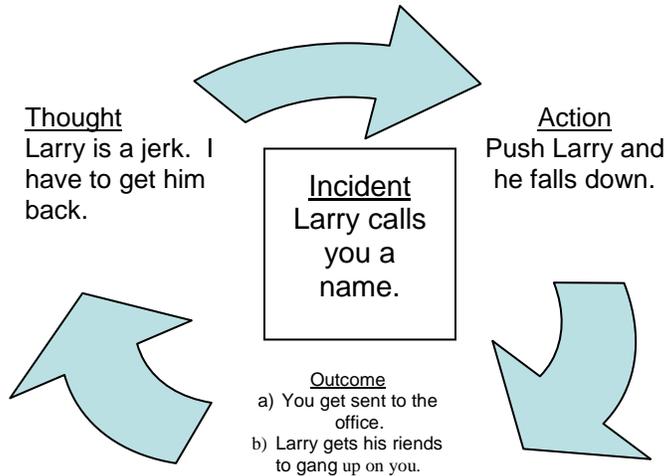
PREPARATION/INSTRUCTIONAL MATERIALS:

- dry erase board and markers
- Xerox copies of handout 6-3 (one per student)

SPRINGBOARD ACTIVITY:

- 1) Write the following words on the board: *actions/behaviors*, *feelings and consequences*. Ask the students to provide an example of how the three words are related.
 - a) *Incident* is an occurrence, event or happening.
 - b) *Thought* is the act of thinking; a process.
 - c) *Actions/Behaviors* are when something done or performed. Actions originate from a thought or can be in response to an event or person.
 - d) *Consequences/Outcome* are what happens as a result of something. For example, Carlos gets a detention for pushing Charlie.

- 2) Encourage a class discussion on how the three words are related.
- 3) Draw the following diagram on the board:



ACTIVITY:

- 1) Discuss the diagram with the students.
- 2) Explain to the students the importance of being aware of personal thoughts. Our thoughts guide our actions.
- 3) Have students complete handout 6-3: Thoughts, Words, and Deeds!

ASSESSMENT: Teacher observation, class participation and completion of handout 6-3: Thoughts, Words, and Deeds!

FOLLOW-UP ACTIVITY: Have students share handout 6-3 with the class. For each of the scenarios described, have students come up with a positive behavior to replace the negative one.

Name: _____

Handout 6-3

THOUGHTS, WORDS, AND DEEDS!

Directions: In the center circle, write down an incident.
Write down a thought in box number 1. In box number 2,
write down an action. In box number 3, write down the potential



consequence or outcome of the behavior.

