

Project Cornerstone
November 2019, “Don’t Laugh at Me”

Review Last Month’s Theme and Class Goals (Class Volunteer, 2 minutes)

“My Secret Bully”

K-2: I CAN...build and maintain healthy relationships, describe traits of a good friend, name a trusted adult

3-6: I CAN...build and maintain healthy relationships, use communication and social skills to positively interact with others, identify a trusted adult

Conversation Starter (Class Volunteer, 5 minutes)

Younger Grades, Crumpled Heart Video

<https://www.youtube.com/watch?v=iitpJDvQ18k>

Older Grades, Crumpled Heart Activity (*You can cut out hearts for the class or just one for you to show*). Have them give you “put downs” and crumple the heart with each one, same as the video.

Discussion Questions

- Have you ever been teased, laughed at, made fun of or ignored? How did you feel? Is it easy or hard to forget?
- What about teases or laughing about race, skin color, religion, accent, or physical disability?
- Older grades: How many of you have had something untrue said about you online? Heard a rumor about you in a text?
- Laughing and teasing is a kind of bucket dipping. It puts a crumple on our hearts.
 - It is hard to get out the wrinkles
 - Older discussion: “Words hurt more than hits”

<https://www.youtube.com/watch?v=2OIfGoNfm4w>

Read Book (Class Volunteer, 5 minutes)

Activity for Grades 1-6 (Class Volunteer, 10 minutes)

Fruit Loop Necklaces – Ability Awareness

- How many fruit loops can you add on a pipe cleaner or string in 1 minute?
- Assign different tables/children in the class, and then set a timer for 1 minute
 - Eyes closed
 - One hand only
 - No hands
 - With tools you have in your desk
- Activity Discussion: What does this activity have to do with the book?
 - You never know the challenges someone faces, “Be kind, for everyone you meet is fighting a hard battle.” Plato
 - The better we understand someone’s challenges and their perspective, the better we are able to help fill their bucket, put a lid on our bucket when we need to.
 - Note: Julia will discuss and define empathy with the class

Older Grade Continuing Discussion/ Digital Application

- Why is it harder to know how someone is feeling when you are communicating online, by text or on social media?
- How do you figure out what is really happening?
 - Trusted adult, in-person conversation
- Why is it easier to tease or put down someone in a text or social media than in IRL?

Social Emotional Curriculum Component (Counselor Julia Schleifman, 20-25 min)

- Definition of Empathy
- Empathy worksheet
- Set a classroom goal
- Handout social/emotional learning cards and parent letter