

**Powerful Words**  
**(Crinkle Kid / Balloon)**

**Grade:** K

**Theme:** Self – Esteem

**Book:** No book

**Materials:** 1 large magazine picture of a kid, 1 large balloon

**Introduction:**

- 1) I have an important question, but I don't want you to answer right away, just think about it.
- 2) Do words have power?
- 3) Stand up if you think words have power, ok sit down
- 4) Stand up if you think Mrs. Harrison is crazy and words don't have power, sit down.
- 5) Today we are going to learn if words have power

**Activity 1 (Crinkle Kid):**

1. Hang the magazine picture of the kid on the board
2. Look at this picture, what can you tell me about it? Have students give details about the picture (gender, age, emotion, wearing)
3. So we agree the kid is happy, what makes you happy? Allow students to share their answers
4. Take the picture off the board and show it to all the kids.
5. Today we are going to pretend that this kid is in our class, but we don't like him / her. We are going to use our words to hurt their feelings.
6. Remind kids to use appropriate words to hurt the kids feelings.
7. With every mean word / comment crinkle the picture a little at a time starting in the corner. Continue until the picture is in a small ball.
8. Look at this kid now. What do you think happened? (mean word hurt him / her)
9. How does this kid feel, do you like feeling like that?
10. State: Our words hurt, words have power?
11. How can we fix this, how can we make him / her feel better? (say nice things, give compliments, use good words)
12. Have kids say nice things to the picture, with each nice thing said un-crinkle the picture a little at a time until it is fully open.
13. Hang the picture back up. Say ta-dah! As good as new, she / he looks the exact same. (kids should disagree)
14. What's wrong? (wrinkled)
15. Try to fix it again, ta-dah!
16. Have a volunteer help, have them say ta-dah when finished.
17. We can't fully fix him / her, this kid will never be the exact same, our powerful words hurt him / her, WORDS HAVE POWER.
18. Give an example, you tell a kid in the class that he / she is not your friend. Will this kid really crumple? No but their feelings and insides get hurt (wrinkled). Apologizing only helps a bit, inside there will always be a mark.
19. Do you want to make other feel this way inside?

20. Do you want to be friends with someone who makes you feel this way?
21. WORDS HURT! Have kids vote again. Stand up if you think words have power and can hurt people, ok sit down. Stand up if you think words don't have power and can't hurt people, sit down.

### Activity 2 (Self-Esteem Balloon):

1. Now that you see how words can hurt, I'm going to show you how words can be powerful and make people feel good.
2. Show the students a balloon, this is a kid. (as you say nice things to this kid, blow the balloon up a bit, until full).
3. This kid woke up this morning to their (mom / dad / aunt / uncle / or grandparents) smiling and saying good morning. They get ready for school and get a hug and kiss goodbye, I love you have a good day at school. At school their teacher tells them they are smart, great job, classmates ask do you want to play, will you be my friend.
4. Show the kids the big full balloon.
5. How does this kid feel? (good) Good / nice words have filled him / her with happy thoughts.
6. But this kid then goes to recess and kids won't let him / her play basketball (deflate balloon a bit with each mean comment) can't borrow a crayon, not your my friend, stupid, someone makes a face at you, calls you a name (Balloon is not completely flat)

### Conclusion:

1. Words hurt and have power. We can choose to make people feel good or bad. If you make people feel like the crinkled kid or the deflated balloon are you going to have very many friends? (no) Do you want to be friends with someone who makes you feel this way?
2. Show me your muscles (flex). I want you to use your words to make others feel good not bad.
3. I am going to leave the crinkled kid for you hang somewhere in your classroom as a reminder of how words can hurt.
4. Before I leave I want you to give 3 different people one compliment. A compliment is something you tell someone to make them feel good. Give examples, you look nice today, I like your shoes, your eyes are beautiful.
5. Have the kids stand up and quietly give compliments to one another.