

# Getting Along with Others!



Student Name: \_\_\_\_\_

Below are bossy ways of asking for help from others.

Bossy ways of asking for things make others feel bad. Write each sentence in a way that is **not** bossy.

1. Get me a pencil. \_\_\_\_\_

2. You're in my way. \_\_\_\_\_

3. You're bugging me. Get lost! \_\_\_\_\_

4. Do it the way I told you. \_\_\_\_\_

5. You're too slow. \_\_\_\_\_

6. Won't you ever learn? \_\_\_\_\_

7. I can't hear. Shut up! \_\_\_\_\_

8. Get moving. \_\_\_\_\_

9. How many times do I have to tell you to get out of my way.  
\_\_\_\_\_

10. Clean your ears out. I already told you once.  
\_\_\_\_\_

# When you hear a put-down, be an upstander!



Student Name: \_\_\_\_\_

Sometimes a student puts down another student to see them get mad. How can you be an up-stander for the person who is being put-down?



An "upstander" is someone who recognizes when something is wrong and acts to make it right. When an upstander sees or hears about someone being bullied, they speak up. Being an upstander is being a hero: we are standing up for what is right and doing our best to help support and protect someone who is being hurt. In many ways, this is another word for being socially responsible.

[http://www.thebullyproject.com/be\\_an\\_upstander](http://www.thebullyproject.com/be_an_upstander)

Situation #1: A student misses a day of school because he has a bad cold. The next day, another student says, "Hey, we were glad you weren't here yesterday. We really got a lot done."

As an upstander, what would you do or say? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Situation #2: A student comes to school with a black eye that she accidentally got while playing softball. Another student says, "Hey ugly! Did you get that face for Halloween?"

As an upstander, what would you do or say? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Accepting criticism from others...



Student Name: \_\_\_\_\_

Criticism does not have to be a bad thing. Criticism can be a suggestion for improvement. Criticism can help you learn more and improve your work. Here are some things that students sometimes do when given criticism by another adult:

BLAME someone else - "It's Julie's fault."

ARGUE that it's not their fault - "I did not do it wrong."

Make EXCUSES - "If Tommy would have done his part, our project would have been on time."

COMPLAIN about being picked on - "You always pick on me."

POUT - Won't talk at all.

What will happen in each situation if your teacher does not make a suggestion for improvement?

Situation #1: A student turns in work that the teacher cannot read.

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Situation #2: A student comes in from recess late.

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Situation #3: A student gets ready for lunch and leaves a mess on the desk.

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# Painful Put-Downs



Student Name: \_\_\_\_\_

A put-down can make you feel like you have been whacked in the head. Think of some of the put-downs you have heard at school.

What was the put-down you heard?

\_\_\_\_\_

What was the situation? What was happening around you when the put-down occurred?

\_\_\_\_\_

\_\_\_\_\_

How did hearing the put-down make you feel? Was the put-down directed at you or someone else?

\_\_\_\_\_

\_\_\_\_\_

What happened the last time you put someone down?

\_\_\_\_\_

\_\_\_\_\_

How do you think that person felt?

\_\_\_\_\_

\_\_\_\_\_