****

4 Rules Review Lesson Plan

**Time Required**: 30-35 minutes

**Content Standards:**

Students will acquire the knowledge, attitudes and interpersonal skills to help them understand the four rules against bullying.

**Indicators (Students will...):**

Implement skills necessary to exhibit what bullying is and what it’s not, how to help someone in need,

|  |
| --- |
| **GOAL: Students will have fun and be able to identify the four rules against bullying.** |

**Activity Statements:**

Using a real-life scenarios, call and response, and critical thinking, students will learn the four rules.

**Materials:**

1. 4 Rules poster
2. Magnetic Clip
3. Bullying and Conflict Images
4. Hot Spot Images
5. Phone with music
6. Yarn

**Procedures:**

1. **Introduction**
   1. Yourself (Teaching Artist) + The Organization (Box Out Bullying) + Purpose (Residency)
2. Write the following options on the board:
   1. *Give up and drop out of school;*
   2. *Talk to her mother using "l" messages.*
   3. *Use positive self-talk to avoid using the Comparison between her and her brother*

*personally and do her best in school;*

* 1. *Try harder to be like her brother.*

1. Tell students to listen as you read aloud the following scenario:

***Linda's mother criticized her for not getting good grades like her brother***

***John. Linda is angry with herself for not being smarter***. *Which of the above*

*four options would be best for Linda?*



SELF-ESTEEM/SELF-CONTROL

1. Divide the class into small groups of three to five students and ask them to select a

reporter for each group.

1. Ask each group to decide which option would be best for Linda to choose and tell why.
2. Write the following questions on the board and have each group brainstorm answers:

a. What else might Linda be feeling besides anger?

b. What can Linda say to herself to feel better about herself?

6. Help Linda construct an "l" message to use with her Mother.

7. Using Handout 2, ask students to identify bad messages she could give herself and

replace those with "positive" self messages.

8. Have each group discuss a personal situation in which they felt 'put down' and ask the

group construct an "l" message or positive "self-talk" message to maintain a healthy

self-esteem.

**Discussion:**

1. What would you feel if this happened to you?
2. What would you do to overcome your negative feelings?
3. What are some "l" messages she could have used?
4. How can you respond to "positively" to criticism from others?
5. How should you respond to a comparison made between you and someone?
6. What are some positive messages (self-talk) you can use to motivate yourself?

**Integrative Closing Statement:**

When students are able to overcome the negative attitudes underlying their feelings of failure,

their emotional resilience dramatically increases, enabling them to better handle the pressures

of growing up. Sometimes we allow negative messages from others to get us down and we

tend to give up. This is self-defeating behavior. Practice using positive self messages to set

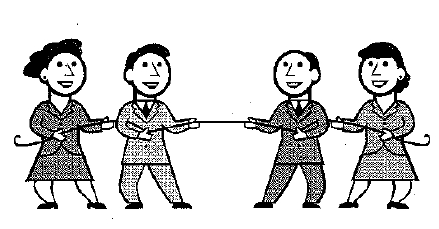
goals for future success.

**Extension Activities:** Practice using positive messages to self to overcome failure. Stay future

focused and set goals to overcome future failure.

****

****SELF-ESTEEM/SELF-CONTROL – HANDOUT 1



**"l" Messages**

“l" messages allow you to express to someone your need for them to change their behavior,

without blaming them or putting them down. "l" messages create a positive atmosphere for

communication and problem solving.

**There are four parts to an "l" message:**

|  |
| --- |
| 1. **I feel. ..** |
| state the feeling *I feel betrayed…* |
| 1. **When you. ..** |
| state the other person's behavior *When you tell other people something I*  *told you in confidence.* |
| 1. **Because. ..** |
| state the effect on you *because it's humiliating and it makes me*  *feel I can't trust you* |
| 1. **I need. ..** |
| state what you want to happen *I need to know that when I tell you*  *something personal and private, you won't*  *tell a single person*. |

**"I" messages don't always have to be about something negative. It's**

**important to send positive "l" messages, too.**

*"I'm really glad that you've been coming to the after-school study sessions It makes me*

*feel that you really care about your work. I'll be glad to help you in any way I can. "*

**Beware of put-downs disguised as "I" messages.**

*"l can't believe you're such a slob! Everyday is miserable because of you. I want you out*

*of my locker and out of my life!"*



SELF-ESTEEM/SELF-CONTROL – HANDOUT 2

**Replacing Negative Self-talk with the "positive" messages**

One of the most powerful influences on your attitude and personality is what you say to yourself. It is not

what happens to you but how you respond internally to what happens to you that determines your

thoughts, feelings, and your actions. By controlling your inner dialogue (what you say to yourself), or your

"self talk," you Can begin to gain control over every part of your life.

We are constantly faced with challenges, difficulties, and problems in everyday life. This is unavoidable.

Much of your ability to succeed comes from the way you deal with life. Below are some examples of

how we undermine our own success, followed by a more positive way to handle each scenario.

**Expecting the worst:** "What if I don't pass the exam?" Expecting the worst does not encourage you to

behave as though you can succeed. Expecting the worst only promotes stress. **Instead:** Ask questions

that presuppose positive outcomes. "How can I make a favorable impression?" "How can I prepare for the exam?"

**Focusing only on problems:** This is known as complaining. We dwell on the problem, instead of

solutions**. Instead:** Assume most problems have solutions, and ask "How do I want this situation to be

different?" What can I do to improve the situation?

**Catastrophizing:** You define very bad thing that happens is a horrible disaster as though life is about to

end forever, **Instead:** Be realistic when you summarize all possible outcomes and stop scaring yourself.

Yes, bad things do happen, and many bad things are often inconveniences, mistakes, and foul-ups---not

necessarily traumas, tragedies, or disasters.

**Stereotyping:** By putting others, and ourselves, into preconceived categories, we avoid thinking of

people as unique individuals. This leads to strained relationships, and gives us an undeserved sense of

superiority or inferiority. It also often deprives us of opportunities to know and understand the giftedness

of those whom we stereotype. **Instead:** Remind yourself that we are all human beings, with unique

personalities, -each having qualities and shortcomings.

**Shoulds:** *Should, ought, must, have to...* used carelessly, these words may impose rules and standards

for behavior that do not exist in reality. They imply an obligation to be or behave a certain way, often

evoke quilt and may make you want to give up for not being 'good enough! For example "l should be

smarter than I am." or "l ought to be a straight "A" student! **Instead:** Replace the words should, ought, or

must with the word "COULD" and realize you have choices.

**Thinking in Absolutes:** We exaggerate reality with words like "always," "never," and "everyone," as in "l

always eat too much-l will never be slim." **Instead**: Replace exaggeration with words that more accurately

reflect reality. Example "*l often eat more than I need, but I can change that”*

**All or Nothing Thinking**: We distort reality by thinking only in extremes. Our efforts become total failures

or complete successes---with nothing in between. Example: "Either I get an "A" on my next exam or I quit

studying." Instead: Give yourself options or choices whenever possible. Example: "l want to have an "A"

average on my next report card to... i want to do better than I did last time. Even a "C" average is a big

improvement. I will keep trying harder instead of giving up M/hen things aren't perfect.

**Negative labels:** Negative labels are the tools we use to lower self-esteem in ourselves and others.

Example: "I'm stupid," or "I'm When we say phrases like these often, they become a part of our

identity and we can begin to dislike who we are. Instead: Remember, people are not their faults or

shortcomings. You may engage in stupid behavior occasionally, but that doesn't make you a stupid

person. Change your negative "I-am" statement into a statement about behaviors. Example: "1 make

unhealthy choices when it comes to food." It's -easier to change a behavior, than to change your identity.

**Blaming:** We blame others, instead of solving the problem. If we can blame others, then we can feel

vindicated in a wrong-doing, and avoid responsibility**. Instead:** Focus on what YOU can do to promote a

solution to the problem.



**"Yes but..." Arguments:** When someone offers a possible solution to our problems, we "yes but..." and

list reasons why the proposed solution won't work. "Yes but..." says "I'm really not listening to you right

now." Instead: Open up to new possibilities and consider alternatives. Really listen to advice and give it a

fair hearing, before dismissing it so quickly. If you keep trying the same things, you will keep getting the

same results.

**Overgeneralizing:** This is similar to stereotyping end thinking in absolutes. It means that a single

instance or occurrence, and generalize it to numerous other situations. Example: "Joyce is a nice girl, and she doesn't want to date me. Therefore: *No nice girl will ever want to date me!* ”When misused, this kind of generalizing can lead to illogical conclusions. Instead: Ask yourself whether there could be exceptions to your generalization. Does a single occurrence mean it will happen every time?

Now you know what negative self-talk sounds like. Negative self-talk is usually a mixture of half-truths,

poor logic, and distortions of reality that perpetuates negative emotions, such as pessimism, guilt, fear,

and anxiety. It often occurs when in times of emotional turmoil, or when we are going through stress or a personal transition.

When you catch your negative self-talk, take a deep breath, relax, and remove yourself from the situation.

Get up and stretch, or take a walk, or get a drink of water, in order to interrupt your train of thought and

get out of the negative rut. Write down some of your negative thoughts and then ask yourself "Are the

things I'm saying true? Are there other possibilities and meanings that I could get from these

circumstances?" Then replace your negative thoughts with realistic, positive thoughts---and write those

down too. Soon you'll stop that self-talk in mid-sentence. If you have difficulty changing your self-talk, you may have clinical depression, and a psychotherapist could help you

**Affirmations**

One way to reprogram your self-talk is by repeating positive affirmations until you begin to get a good

sense of what positive thinking really sounds like. What we most often tell ourselves can become a self-

fulfilling prophecy. If you want to explore the power of positive affirmations, follow these guidelines.

1. Personalize your affirmations with words like "me," and "my." You can't always control

circumstances or other people, so make your affirmations about what you can control---yourself. Make your affirmations state your own goals, wants, and values---not someone else's.

1. Affirmations are best stated in the present tense, because, if affirmations are in future tense ("l

will... 'Y) your subconscious mind feels no urgency to act NOW If you feel like a hypocrite stating

affirmations in the present tense (as in Ill am slender and healthy") then state your affirmations as a process (as in "Each day I am becoming more slender and healthier. ")

1. Make your affirmations believable and realistic. Begin with small, obtainable goals, and work your way up to bigger accomplishments. "My self control is perfect." is probably more believable as "l have self-control most of the time."
2. State affirmations in the positive. To say "l won't have a bad report card," only focuses your

attention on the behavior you want to avoid. Instead say "My report card will be good."

1. Make affirmations short and easy to remember.
2. Repeat your positive affirmations often and positive thinking will become routine.

As you improve your self-talk; commit to changing your actions to reach your goals. We must change our

thinking as well as our behaviors.

