

Put-Ups and Put-Downs

Time needed: 15 – 30 minutes

Recommended Level: Grades PK-4

Categories: Bystanders, Helping victims, Role-playing

Common Core Standard(s): Reading informational text, Speaking and Listening.

Purpose: To address name-calling in the classroom.

DISCUSSION:

Discuss that certain negative, hurtful names or phrases are classified as “put-downs” and that we can create positive phrases called “put-ups.” These both have an effect on classmates’ feelings and reactions.

ACTIVITY:

Have a large chart displayed for the class via poster board, smart board, etc. One column should be labeled “Put-Ups” and the other should be labeled “Put-Downs.”

Before the lesson, inflate a beach ball and use a permanent marker to write examples of put-ups or put-downs. These should be scattered all over the surface of the ball. Some suggestions:

- You’re a jerk!
- Good job!
- Shut up!
- You’re a great baseball player.
- I like your outfit!
- You’re my friend.
- That’s ugly!
- Why’d you do that, dummy?
- You’re so good at math.
- You’re a loser!
- Thanks for helping!
- Nice hair! (sarcastic)

Explain to students that you will be classifying whether a phrase is a put-up or put-down. Go over the rules for tossing the beach ball. (You can either have the students toss the beach ball to each other, or they can toss the beach ball back to you after each turn and you can toss it to a new student.) When a student catches the beach ball, he/she should recite the phrase where his/her thumb lands. The class will decide as a group whether the phrase is a put-up or put-down. The teacher (or a student helper) will write the phrase on the graph.

Discuss why put-downs are unnecessary and hurtful. Ask students for examples of put-downs or put-ups they have heard.

FOLLOW-UP:

- Have students make their own list of put-ups or put-downs that they have heard or used.
- Give students a list of put-downs and encourage them to come up with a positive alternatives. (For example, instead of saying “We lost the game because of you!” a student might say, “I know you tried your best. We’ll do better next time!”)



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Duplication and distribution of this lesson plan is permitted and encouraged.

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