



Relationship Skills

ABOUT MORNINGSIDE CENTER

Morningside Center for Teaching Social Responsibility's evidence-validated programs engage young people in learning essential social and emotional skills and help educators build productive and respectful schools. The 4Rs Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, and problem-solving, adding depth to literacy instruction.

Put-ups and Put-downs

By: The 4Rs



Put-Ups and Put-Downs

Note to the teacher:

Put-Ups and Put-Downs is an excerpt from The 4Rs™ [Reading, Writing, Respect & Resolution] *Teaching Guide for Grade 4, Unit 1, Building Community*, p. 12.

Time: 10-15 minutes

Materials: Chart paper and markers for Put-ups chart; copy paper (two colors) cut into horizontal strips, 4 or 5 per sheet ; two same-size glass or clear plastic jars

If the students don't already know about put-downs, introduce the idea:

a put-down is a negative comment about a person.

Elicit examples of put-downs (but don't write them down so as not to reinforce them). Ask the children what they think a put-up is. Elicit examples of put-ups.

Make a chart of put-ups. Explain that in our classroom, put-downs are not allowed. Put-ups are welcome. When you and the students hear people using put-ups, you can acknowledge them and add them to the chart.

We often hear put-downs in everyday life and on television. Ask your students to collect put-ups and put-downs for the next two days. Hand out slips of both colors of paper to each student and ask them to write what they hear on the paper. They will use one color for the put-ups and the other for the put-downs.

At the end of the two days, ask everyone to put their papers in two same-size glass jars. See how many are in each Jar. Are there more put-ups or put-downs? Why do you think that's the case?

The 4Rs™ Program combines superior children's books with engaging SEL activities that explore community, feelings, relationships, conflict, problem-solving and diversity, and adds depth to literacy instruction.