

RSK 4-6 L5 TALK BOX FOR HEALTHY COMMUNICATION

Grade: 4-6

Competency Area: Relationship Skills

Lesson Title: Talk Box for Healthy Communication (Lesson #5)

T-SEL Standard: 4.G.2. Students can communicate assertively and respectfully.

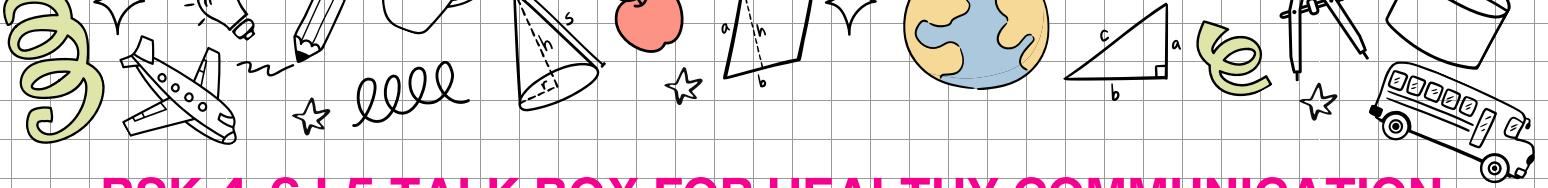
Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

- 1. Introduction:** Gather the students in a circle. Ask students to raise their hand if they have ever heard the saying "sticks and stones will break my bones but words will never hurt me." Next, ask students if they think the saying is true. Instruct students to turn and talk to a partner to discuss. Bring the students back together and explain that our words are very powerful. Words can show our friends that we care.
- 2. Drawing Activity: "Talk Box for Healthy Communication"**
 - Provide each student with a copy of the Talk box worksheet, and tell them to place it into the back of their backpack.
 - Explain to the students that you are going to read a series of scenarios.
 - While they listen to each scenario, students should write in the talk box words they might say to be a good friend in that scenario.
 - After each scenario, students will hold their backpack up for everyone to see.
 - Read aloud as many of the below scenarios as you desire:
 - *Your friend forgot to bring their lunch to school. What could you say or do to help them feel better?*
 - *You notice your friend is sitting alone at recess and looking sad. How might you include them?*
 - *Your friend accidentally knocked over your water bottle. What could you say to show kindness?*
 - *Your friend looks upset after losing a game you played together. How could you be supportive?*
 - *Your friend says they're having a bad day. What might you say to show you care*





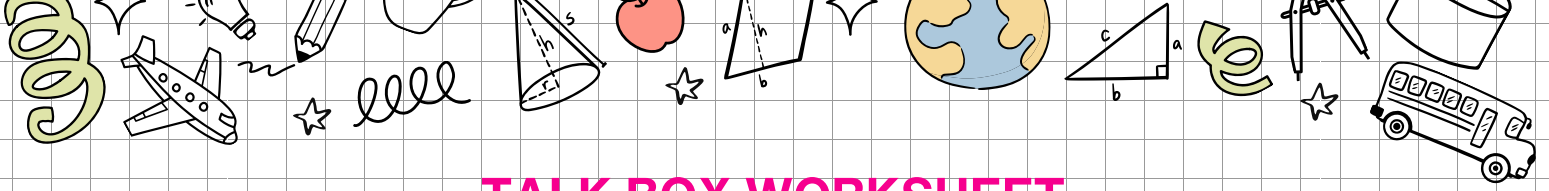
RSK 4-6 L5 TALK BOX FOR HEALTHY COMMUNICATION (CONT.)

- *A new student joins your class and doesn't know anyone. What could you say or do to make them feel welcome?*
- *Your friend is struggling to zip their backpack or finish a project. How could you offer help kindly?*
- *You and your friend both want to play a different game. What could you say to solve the problem kindly?*
- *Your friend got a good grade or won a prize. What can you say to show that you're happy for them?*
- *Your friend is moving away or changing schools. What could you say or do to show you care?*

3. **Sharing:** Ask students to walk around the room and find five different classmates.

- Each time they meet a classmate, they should:
 - Give them a friendly high-five, and
 - Say something kind or encouraging (for example: "I like your smile," "You're a great friend," or "You did awesome in class today").





TALK BOX WORKSHEET

