

## Put-Downs/Push-Ups (gr.2-4)

### Summary

Help students to understand what affect their words have upon others. Could use as self-esteem lesson and things we say to ourselves.

### Materials

backpack, medium rocks, fish made of cardstock with statements on them, dowel and string for fishing pole, magnet, paper cups.

### Extensions

1. Could use as self-esteem lesson and things we say to ourselves. 2. Child witnesses of domestic violence - how verbal abuse affects the family.

### Authors

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