



OOPS! Helpful or Hurtful Activity (GROUP)

The OOPS! Helpful or Hurtful Activity (GROUP) prompts elementary students to reflect on the difference between helpful and hurtful actions, then brainstorm ways to be safe and helpful at school.

In the Conscious Discipline School Family, both students and adults commit to being safe and helpful. For children, it is important to discuss exactly how to practice safety and helpfulness at school.

With this OOPS! Helpful or Hurtful Activity, you'll teach the students in your classroom the difference between helpful and hurtful actions. Plus, you'll discuss how students can respond when they have an "OOPS!" and do something hurtful.

Once your students understand how to be safe and helpful, they'll commit to practicing safety and helpfulness using the included worksheet. They will also write (or draw) exactly how they plan to contribute to creating a safe, helpful School Family environment.

TEACHER SCRIPT:

Do you know what an OOPS is? An OOPS is a mistake. Have you ever made a mistake? We all make mistakes.

- The important thing about OOPS moments or mistakes is that we can learn from them. So, after the OOPS, you focus on what you can do differently next time.
- For example, if you grab a marker out of a friend's hand without asking, you can say, "OOPS. Next time I am going to ask, 'Can I use the marker when you are finished?'"

directions continued on next page

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Now we are going to play a game called, “Is it helpful or hurtful?” If it’s helpful, show me a thumbs up. If it’s hurtful, show me a thumbs down. When it is hurtful, we are going to think of ways to do it differently next time and be helpful instead.

Is it helpful or hurtful to take something that is not yours? How could you be helpful instead? (Give the students chances to answer, and restate their answers using helpful/encouraging language if needed.)

- You could ask the friend, “Can I look at it?”
- You could ask the friend, “Can I borrow it?”
- You could ask the friend, “Can I use it when you are finished with it?”, etc.

Is it helpful or hurtful to say, “Teacher, he’s not doing his work?” How could you be helpful instead? (Give the students chances to answer, and restate their answers using helpful/encouraging language if needed.)

- You could do your own work.
- You could tap them on the shoulder and quietly encourage them by saying, “You can do it!” or just smiling and giving a thumbs up.

Is it helpful or hurtful to say, “Teacher, she’s not cleaning up?” How could you be helpful instead? (Give the students chances to answer, and restate their answers using helpful/encouraging language if needed.)

- You could clean up your own area.
- You could tap them gently on the shoulder and whisper, “Do you need some help cleaning up?”

Is it helpful or hurtful to say, “Move over please. I need more space?”

- Let’s practice this helpful choice. Say, “Move over please. I need more space.”

Is it helpful or hurtful to say, “I don’t like it when you take my spot. Please find another spot?”

- Let’s practice this helpful choice. Say, “I don’t like it when you take my spot. Please find another spot.”
- What else could you say? (Give the students chances to answer, and restate their answers using helpful/encouraging language if needed.)
- Another example is, “OOPS, you took my spot. Please find another spot.”

Is it helpful or hurtful to interrupt your teacher or your friend when they are talking? How could you be helpful instead? (Give the students chances to answer, and restate their answers using helpful/encouraging language if needed.)

- You could take a deep breath and wait your turn.

Now that we have practiced together, you are going to complete an activity paper to show how you are going to be safe and helpful in our School Family. You can draw a picture, write the words, or both to show how you will be safe and helpful in our School Family.

OOPS! Helpful or Hurtful Activity

Commitments Check-up



I did it!



OOPS!
Time to practice!

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Our commitment as a School
Family is to be *safe* and *helpful*.
How can you be *safe* and *helpful*?

Name _____

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