

Stand Up! Speak Out!

WORDS AND HANDS: “Use words, not hands” Guide for Discussion, Reflection or Role Play

*Sometimes I feel so happy / Sometimes I feel so sad
Sometimes I feel so angry / Sometimes I feel so mad*

1. Show us your happy face, your sad face, your angry face, your mad face
2. Divide a page of drawing paper into 4 sections. Draw each of your different faces in each section.

*Feelings are like the weather, they're something we can't plan
And it's okay to show them if we use words, not hands*

3. How are feelings like the weather?
4. How can we show each of those feelings using words, not hands?
5. Why is it especially important to use words, not hands, if we feel angry?

*I can drum the sound of thunder / I can paint a raging sea
I can write an angry poem / So you know what's up with me*

6. Can you “drum the sound of thunder” with your hands? With your feet?
7. What would a “raging sea” look like? Draw a “raging sea.”
8. Imagine someone borrowed your favorite book toy, and then they left it outside in the rain. “Write an angry poem” so we know how you feel about it (or “what’s up with you”)

*I can make a plan to use words, not hands / Every woman, every man can use words, not hands
I can take a stand using words, not hands*

9. How can we “make a plan to use words, not hands” when we feel angry or upset?
10. Imagine someone said something mean and pushed one of your classmates. Imagine you wanted to help. How could you “take a stand using words, not hands”? Why might it be a bad idea to use hands instead of words? What might happen?

*Hands are for making music / Hands are for writing words
Hands are for helping people / Hands are not meant to hurt*

11. Draw a picture of hands making music, writing words, or helping people.
12. How have your hands been helpful? Draw a picture of your hands being helpful.

*So you say you want to fight me / You want to show me you're strong
You seem to think, if you hurt me / That proves that you're right, I'm wrong*

13. What’s the difference between having a disagreement and fighting?
Imagine Sage and Kristen were both waiting for a turn on a swing. Sage was next in line, but just when the swing became free, Joanna came running up to talk to her. While they were talking, Kristen got on the swing. Sage is upset because she thinks Kristen cut in line ahead of her. Role play two different ways to deal with this: one “fighting” (with words, not hands), and one “disagreeing.” Consider: Is anyone really right or wrong in this situation? Did anyone really mean to do any harm? How can they work this out without fighting?

*Maybe somebody taught you that fighting shows that you are brave
I think that it takes more courage to use words and walk away*

14. Does fighting show that someone is right? Does it show they are brave? What does it show?
15. Why might it take “more courage to use words and walk away”?