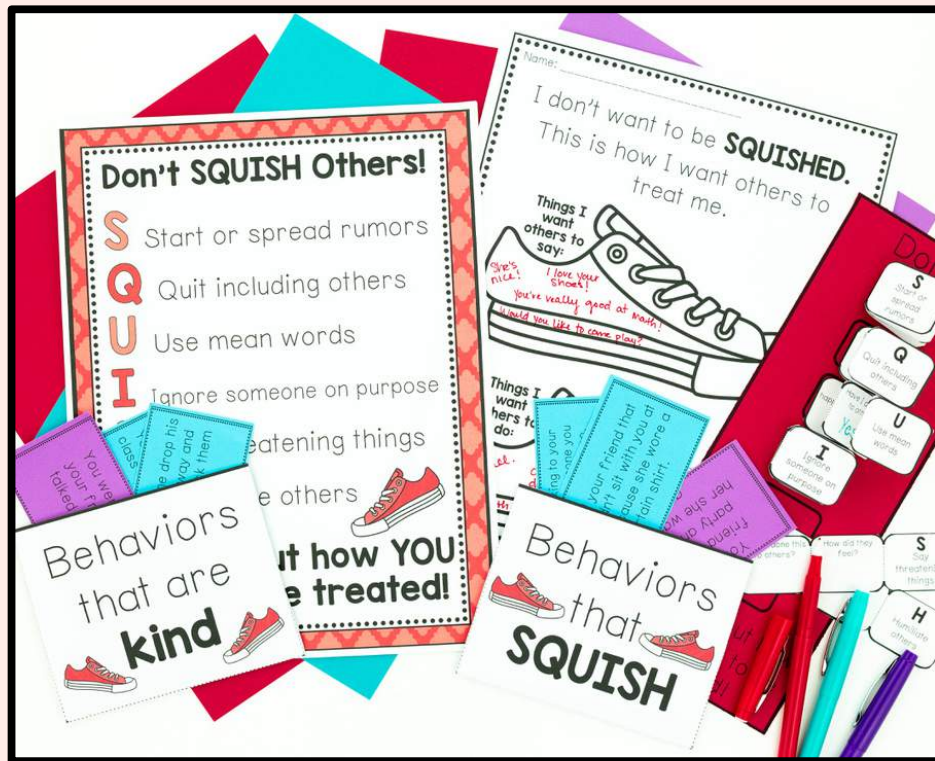


These kindness and empathy activities are the perfect way to teach your students about how to treat others.



They can be used with or without the book "Hey, Little Ant" by Philip and Hannah Hoose.

They are great for...

- Kindness lessons or groups
- Empathy lessons or groups
- Bullying prevention lessons or groups
- Relational aggression lessons or groups
- Centers/stations after reading the book
- Students who could benefit from understanding how others feel

POSTER/VISUAL AID

Don't SQUISH Others!

S Start or spread rumors

Q Quit including others

U Use mean words

I Ignore someone on purpose

S Say threatening things

H Humiliate others 

Think about how YOU want to be treated!

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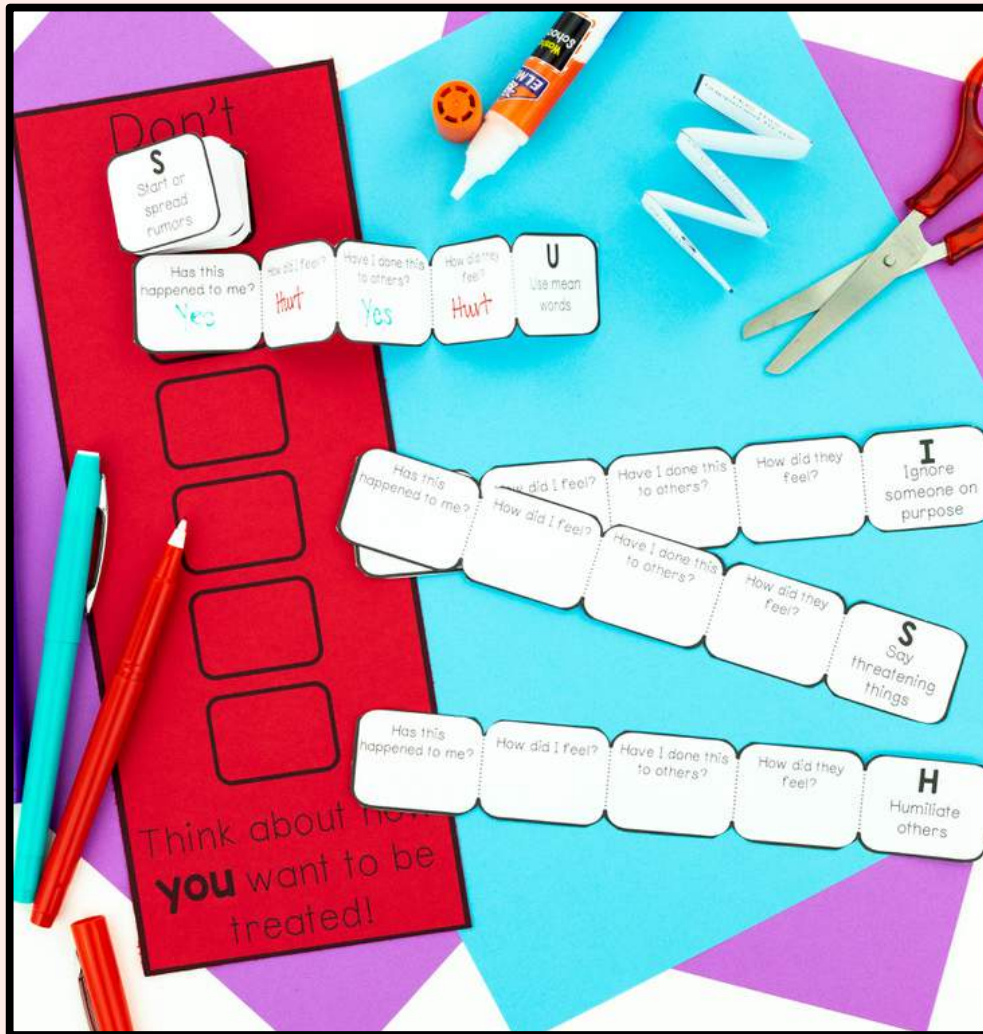
This poster can be used as a visual aid for the activities in this resource, or displayed in your classroom or office!

“DOES IT SQUISH” SORT



Students will look at 20 scenarios and decide whether they are behaviors that SQUISH or behaviors that are kind.

FOLDABLE PAGE



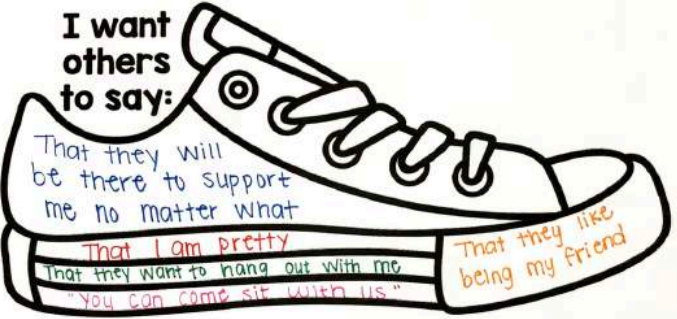
Students will consider how behaviors that “SQUISH” make themselves and others feel.

WORKSHEET

Name: ms. Chelsey

I don't want to be **SQUISHED**.
This is how I want others to
treat me.

**I want
others
to say:**



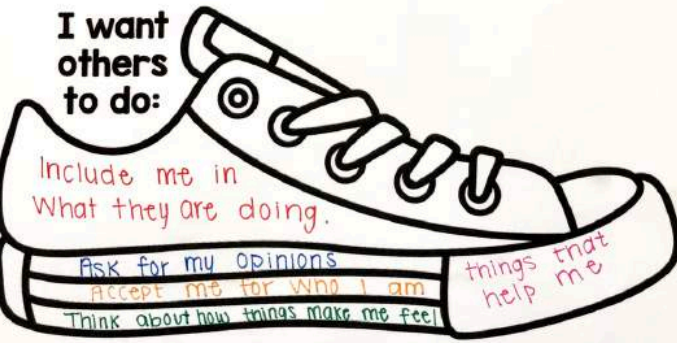
That they will
be there to support
me no matter what

That I am pretty

That they like
being my friend

That they want to hang out with me
"You can come sit with us."

**I want
others
to do:**



Include me in
what they are doing.

Ask for my opinions

Accept me for who I am

Think about how things make me feel

things that
help
me

Students will consider the things that they want others to do and say to them.

GOOGLE SLIDES

Don't **SQUISH!** Think about how **YOU** want to be treated!

S Start or spread rumors	Has this happened to me? Insert text here	How did I feel? Insert text here	Have I done this to others? Insert text here	How did they feel? Insert text here
Q Quit talking to someone	Has this happened to me? Insert text here	How did I feel? Insert text here	Have I done this to others? Insert text here	How did they feel? Insert text here
U Use mean words	Has this happened to me? Insert text here	How did I feel? Insert text here	Have I done this to others? Insert text here	How did they feel? Insert text here
I Ignore someone on purpose	Has this happened to me? Insert text here	How did I feel? Insert text here	Have I done this to others? Insert text here	How did they feel? Insert text here
S Say threatening things	Has this happened to me? Insert text here	How did I feel? Insert text here	Have I done this to others? Insert text here	How did they feel? Insert text here
H Humiliate others	Has this happened to me? Insert text here	How did I feel? Insert text here	Have I done this to others? Insert text here	How did they feel? Insert text here

Directions: Read each scenario below. Decide whether it is an example of a behavior that is kind or a behavior that "SQUISHes". Then, drag the behavior into the correct box on the right.

You saw someone drop his books in the hallway and you helped him pick them up.	Behaviors That Are Kind
Your friend was really mad that he lost the soccer game, and you laughed and called him a loser.	
Your friend wanted to invite her other friend to go to the movies with you two. You said it was a great idea.	
You saw someone in your class who was crying, and you asked if she was okay.	
You told a girl in your class that you would only be her friend if she shared her snack with you.	
Your friend gave a wrong answer in class, but you were encouraging to him.	
You were talking to your friends and someone you don't like was there too. Every time he talked you acted like you couldn't hear him.	Behaviors That SQUISH
You told your friend that she couldn't sit with you at lunch because she wore a certain shirt.	
Your friend did something you didn't like, so you didn't talk to her for the rest of the day.	
Your friend told you a rumor about someone and you told her that it isn't nice to talk about others.	

All activities are provided in Google Slides to help educators doing distance learning or looking to incorporate technology into your lessons!

WHAT PEOPLE ARE SAYING...

“My student loved this lesson. It was a great way to teach about empathy and understanding someone else's perspective. I will use it again and again.”
– Rachel A.

“This was wonderful and I loved the many different activities that are included. Students loved it and I loved the conversations and personal feelings it elicited from students.”
– Megan M.

“One of my favorite things to teach is empathy and I absolutely love Hey, Little Ant. The activities are amazing and super interactive to where my kids really have to think and push themselves.” – Maggie M.

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Emotional**

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ACTIVITIES FOR 22 BOOKS**



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