SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES 1–4

Put-Up or Put-Down?

Put-ups build people up and put-downs knock them down. Circle put-up or put-down for ten things kids say.

Name: _____ **Date:** _____



A **put-up** is a kind word that builds someone up. A **put-down** is a mean word that knocks someone down, even when it is said as a joke.

Circle Put-up or Put-down for each one.

"You're a really fast runner!"	Put-up	Put-down
"That's a baby book."	Put-up	Put-down
"Your drawing looks weird."	Put-up	Put-down
"Thanks for helping me."	Put-up	Put-down
"I like how you shared your snack."	Put-up	Put-down
"You can't play. You're too slow."	Put-up	Put-down
"Great idea!"	Put-up	Put-down
"Why are you wearing that?"	Put-up	Put-down
"Everybody knows that, duh."	Put-up	Put-down
"You were so brave to try."	Put-up	Put-down

A put-up I can give someone today: _____

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ANSWER KEY · AFFIRMATIONS AND SELF-ESTEEM · GRADES 1–4

Answer Key: Put-Up or Put-Down?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



A **put-up** is a kind word that builds someone up. A **put-down** is a mean word that knocks someone down, even when it is said as a joke.

Circle Put-up or Put-down for each one.

"You're a really fast runner!"	**Put-up**	Put-down
"That's a baby book."	Put-up	**Put-down**
"Your drawing looks weird."	Put-up	**Put-down**
"Thanks for helping me."	**Put-up**	Put-down
"I like how you shared your snack."	**Put-up**	Put-down
"You can't play. You're too slow."	Put-up	**Put-down**
"Great idea!"	**Put-up**	Put-down
"Why are you wearing that?"	Put-up	**Put-down**
"Everybody knows that, duh."	Put-up	**Put-down**
"You were so brave to try."	**Put-up**	Put-down

A put-up I can give someone today: _____

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