

Self Worth

Character Education Quickies

Time: 5 minutes

Materials: None

A kid on your bus walks by you and says, “You’re UGLY.”

How should you respond?

- A. Think to yourself, “He’s right. I am ugly. Why did I even come to school today?”
- B. Stand up, knock him down and call him a stupid jerk.
- C. Ignore him. He obviously woke up in a bad mood or he is trying to push your buttons. You know you’re not ugly.
- D. Whisper to your friend, point to the kid and start laughing.

Choose C. You should **STOP, THINK and ACT with RESPECT**. Believe in yourself – you are special and not even remotely ugly!!!