



Worksheet 1:

The Word Shield Challenge

SAMPLE

Purpose:

To help students learn how to protect their confidence and emotions when others say hurtful things. This activity builds emotional intelligence, self-control, and resilience — key skills for handling teasing or criticism in a healthy way.

Instructions:

1. Everyone faces unkind words at some point — at school, online, or even from friends. The way you respond makes all the difference. In this worksheet, you'll practise building a Word Shield: a positive thought or phrase that protects your confidence.
2. Read each example of something mean or negative someone might say.
3. Write what you could think or say to yourself to block the negativity.
4. Discuss your ideas with a friend or teacher — see how different shields make you feel stronger.