
Stand Tall, Speak Up! — Lesson Plan

Grade: Pre-K–3 | Duration: 40–50 minutes | CASEL Domain: Relationship Skills

Objective: Students will learn to stand tall against mean behavior, distinguish telling from tattling, and practice being an upstander who speaks up for others.

Essential Question: *"What happens when you stand tall for yourself — and what happens when you stand tall for someone else?"*

Materials: The personalized story, Mirror (for stand-tall practice), Paper and crayons, Role-play scenario cards

Vocabulary: Upstander, Bystander, Mean Words, Boundaries, Telling, Tattling, Dignity, Stand Tall, Speak Up, Include

ANTICIPATORY SET (5 MIN)

Demonstrate: first, curl in small (shoulders hunched, looking down). Then stand tall (shoulders back, chin up, eyes forward). Ask: "Which person looks strong? Which one looks like they can handle something hard?" Now everyone try both. "How does each one FEEL?"

DIRECT INSTRUCTION (15 MIN)

Read aloud. Pause at the shrinking — have everyone curl in small. Pause at the standing tall — have everyone stand up tall. Practice the words: "Stop. I don't like that." Pause at the upstander moment — ask: "Why is this even braver?"

GUIDED PRACTICE (10 MIN)

Stand Tall Practice in pairs. Telling vs. Tattling Sort as a class.

INDEPENDENT PRACTICE (10 MIN)

Write your Upstander Pledge. Draw yourself standing tall. Write: "When I see someone being left out, I will ____."

CLOSURE (5 MIN)

Class Upstander Pledge: everyone stands, reads their pledge, and commits. Post pledges on a class wall.

ASSESSMENT

Can children demonstrate stand-tall posture? Can they distinguish telling from tattling? Exit ticket: "An upstander is someone who ____."

DIFFERENTIATION

Support: Practice stand-tall with a buddy. Provide telling/tattling cards with pictures.

Extend: Create an "Upstander Guide" for the whole school. Write a comic strip showing the three superpowers in action.

HOME CONNECTION

Send home the Upstander Pledge. Ask families to practice stand-tall posture and discuss: "Who can you tell if something is wrong at school?"