

WORDS.

They can hurt, or they can heal.
Remember always to choose wisely!

Let's celebrate **NO NAME CALLING WEEK** this year by providing our McNab students with **#ONEWORD**. This one word should be unique, and customized to each student. This one word, is meant to both *describe, and empower them!*



Setting the tone for the New Year with just #ONEWORD will help to instill critical life messages into the developing minds of our children!

Students will learn to think and believe:

- 1) **I AM PROUD TO BE** uniquely **ME**.
- 2) **SOMEONE** at school, namely my Teacher, **BELIEVES IN ME**.
- 3) **I AM SUPPORTED IN SCHOOL**, and because of that, I know that I **CAN ACHIEVE GREAT THINGS**.

Ready to make a difference, and lead by example? In #ONEWORD, empower your students by giving them a hand-picked name! If you have a Twitter acct., feel free to hashtag #ONEWORD @mcnabelementary and let's spread the power of positivity!

No Name Calling Week 1/19/16-1/22/16



Teaching Students using the Power of Words!
(Choose #ONEWORD for each of your students).

- BeaYOUtiful
- UPstander
- Relentless
- Powerful
- Success
- Lovable
- Capable
- Fearless
- Strong
- Sunshine
- Limitless
- Believer
- Hopeful
- PEACEmaker
- Bucket-Filler
- Amazing
- Gamechanger
- Warrior
- Courageous
- Unstoppable

• No Name Calling Week 1/19/16-1/22/16

1. Please choose #ONEWORD for each of your students. Cut out/distribute to students and have them share with the class.

2. Next, if time permits, allow students to write one compliment on the back of each of their classmates' cards to make them feel special!

#ONEWORD 2016

Upstander

I choose to be a voice, not an echo!

#ONEWORD 2016

Believe

If your mind can conceive it and your heart can believe it, your hands can achieve it!

#ONEWORD 2016

Relentless

It's hard to beat the person who never gives up. – Babe Ruth

#ONEWORD 2016

Hopeful

Always believe that something great is about to happen, and it will!

#ONEWORD 2016

Powerful

I am not what happened to me. I am what I choose to become!

#ONEWORD 2016

Peacemaker

I'm a Peacemaker, not a Peacebreaker! I treat all people with kindness and respect.

#ONEWORD 2016

Success

Failure is not falling down. Failure is refusing to get back up. No matter what, I always get back up!

#ONEWORD 2016

Bucket-filler

I do kindness when no one is looking!

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#ONEWORD 2016

Capable

I am lovable and capable. No one, and nothing, can ever hold me back, but me!

#ONEWORD 2016

Gamechanger

I'm a gamechanger! The world has enough followers.

#ONEWORD 2016

Fearless

Forget Everything And Run.
-or- Face Everything And Rise. I rise.

#ONEWORD 2016

Warrior

I am a Warrior, not a Worrier!

#ONEWORD 2016

Strong

Strong people don't put other people down, they lift them up!

#ONEWORD 2016

Courageous

Courage doesn't always roar. Sometimes it's the quiet voice inside your head that says, I will try again!

#ONEWORD 2016

Sunshine

I keep my face to the sun, and the shadows fall behind me!

#ONEWORD 2016

Unstoppable

Hardships often prepare ordinary people for an extraordinary destiny. – C.S. Lewis

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#ONEWORD 2016

BeaYOUtiful

I don't have to be beautiful like you, I am beautiful like me!

#ONEWORD 2016

Limitless

My life is filled with infinite possibilities!

#ONEWORD 2016

Loveable

I am loveable, and capable! No one can tell me otherwise.

#ONEWORD 2016

Amazing

Make today, and everyday, ridiculously amazing!

F.E.A.R. has 2 meanings –
Forget Everything And Run
-or-
Face Everything And Rise.
The choice is yours!

When is it ever ok to call names?! Only when you T.H.I.N.K. first! Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? Is it Kind? 😊

Let's put a positive spin on NO NAME CALLING WEEK!

Students, please answer these 3 questions, and turn it in to your Teacher to receive your #ONEWORD! This one word will become your very own personal mantra (also known as your personal positive message) for 2016!

- ① If there was one thing in my life that I could change, in order to make it better, it would be...
- ② My biggest fear in life is that I might never...
- ③ Sometimes I get worried that...