

# THANK YOU FOR YOUR PURCHASE!



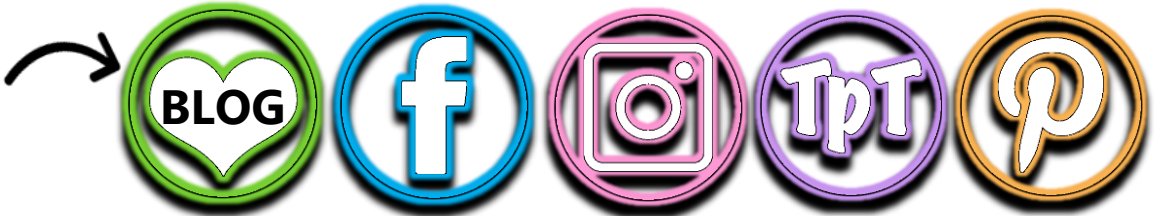
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## LET'S BE FRIENDS

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If you have any questions or concerns please email me at:  
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*Ashley*

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

**1** Click here  [Mean Guys: The Teaser](#)

**2** You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



**3** Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

**4** Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

**5** From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# MEAN GUYS

## Session Objective:

\*Students will identify mean behavior and ways to be kind.

## Materials:

\*Handouts, pencils.

## Guiding Questions:

\*How does mean guy behavior impact others?

\*What are some ways you can be kind to others?

\*What are some positive activities you can do to keep yourself busy?

\*Why do some guys show mean behavior?

## ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

\*Behavior: Self-Management: Effective Coping Skills. (B-SMS 7)

\*Behavior: Positive, respectful, and supportive relationships with students who are similar to and different from them. (B-SS-2)

\*Behavior: Empathy. (B-SS 4)

## SEL Competencies:

\*Responsible decision-making: analyzing situations, solving problems, evaluating, reflecting.

\*Social awareness: Empathy, perspective-taking, appreciating diversity, respecting others.

\*Relationship skills: Communication, social engagement, relationship building.

Self-awareness: Accurate self-perception, self-confidence.

## Session Details

-Assign each boy a "mean guy", print one of the mean guy workbooks out for each "mean guy" (5 in total). If you know that the student is similar to that mean guy then try to give her that one but they will learn from all of them either way.

-Say "Let's be honest—friendships can get messy. People start forming tighter groups, worrying about popularity, and sometimes, guys use power in hurtful ways. That's what we call mean guy behavior. "A 'mean guy' doesn't always yell or push people. He might smile in front of you, then whisper something mean later. Or he might say, 'You can't sit with us,' or roll his eyes when someone walks by. Today we are going to learn more about mean and kind guy behavior. This will take empathy and an honest self-perception of your own behavior. I have assigned you each a "mean guy" to learn more about and help guide their behavior to be more kind." Give them their workbook.

-Work together page by page to learn about each mean guy, having them share about their mean guy and their responses.

# MEAN GUYS

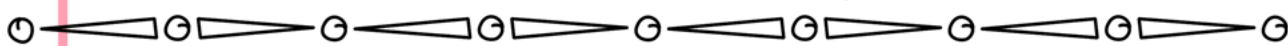
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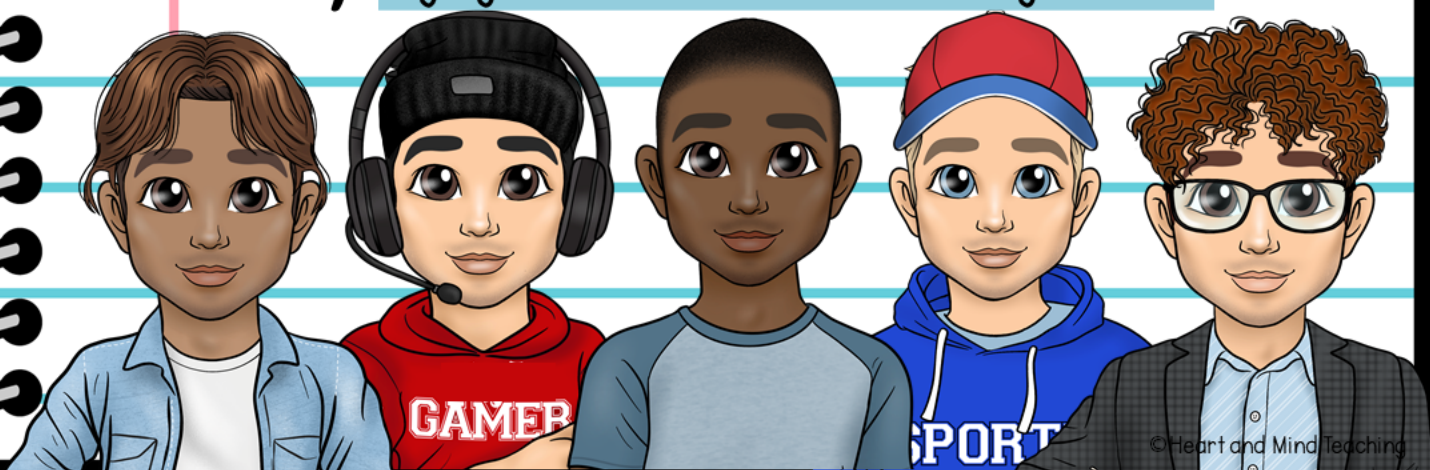
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When guys act in a way that hurts others on purpose—like leaving someone out, talking behind their back, or making fun of them—we call that ‘mean guy behavior.’” A ‘mean guy’ doesn’t always yell or push people. He might smile in front of you, then whisper something mean later. Or he might say, ‘You can’t sit with us,’ or roll his eyes when someone walks by.”



It's not always loud or obvious. It can look like:

- \* Excluding someone from your friend group or plans
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- \* Giving the silent treatment or mean looks
- \* Being two-faced (nice to someone's face but mean behind their back)
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# TYPES OF MEAN GUYS



THE EXCLUDER

Tries to control who's in the group and makes others feel less important.



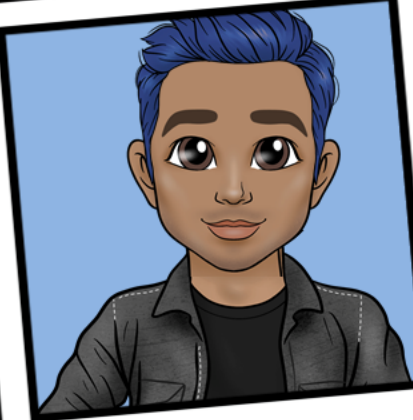
THE BOSS

Wants to control everyone.



THE TEASER

Makes fun of others, but says it's "just a joke."



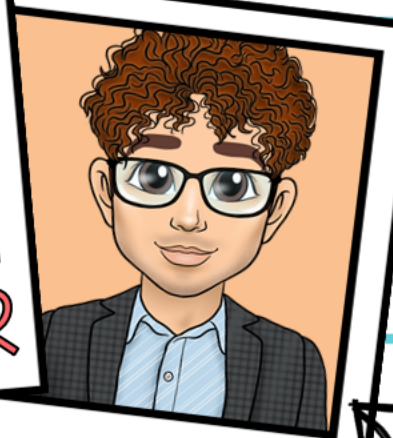
THE HOT-HEADED

Gets mad or upset easily.



THE WATCHER

Sees the meanness and does nothing to stop it.



THE ONE-UPPER

Always has to be better than others.



# MEAN GUYS

Most of these guys don't start out "mean." Their behavior often comes from insecurity, pressure to fit in, or past hurt. Most guys who act mean aren't bad people.

Sometimes they feel:

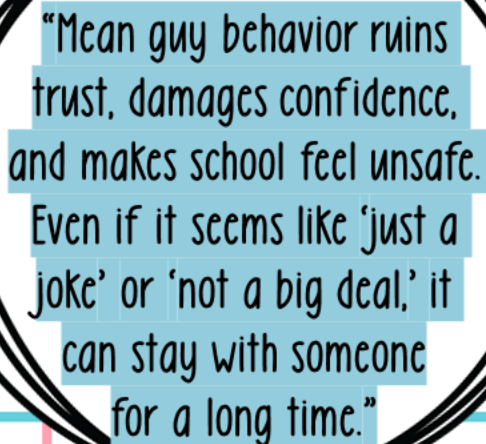
♡ Insecure

♡ Jealous

♡ Left out

♡ Pressured to 'fit in' or be part of the group

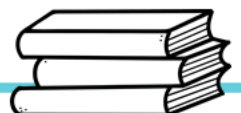
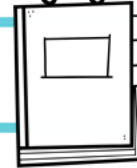
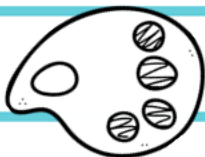
♡ Need control to feel important



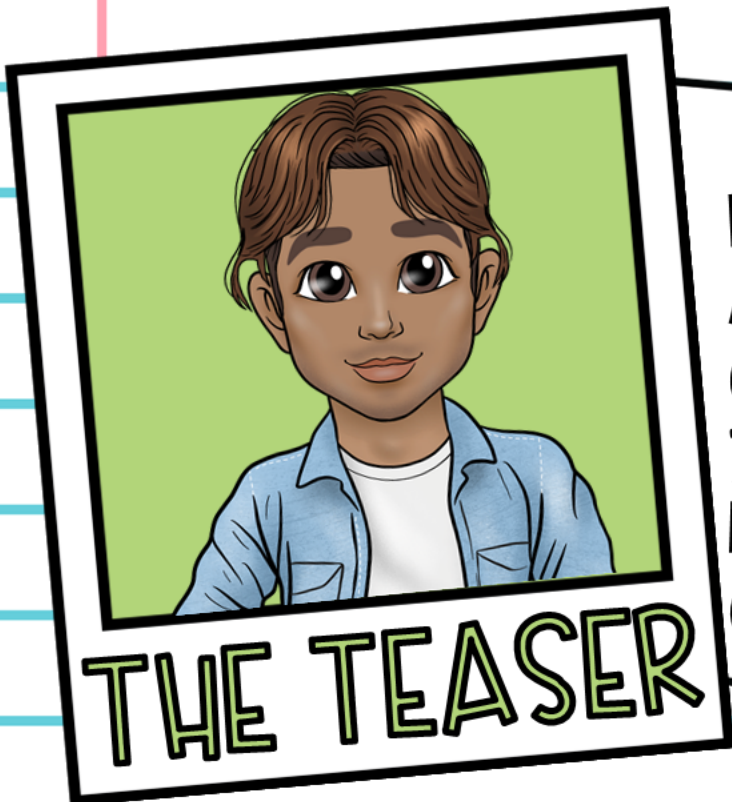
"Mean guy behavior ruins trust, damages confidence, and makes school feel unsafe. Even if it seems like 'just a joke' or 'not a big deal,' it can stay with someone for a long time."

The good news is—we all have the power to be kind instead. If we've ever acted in a way that wasn't kind, we can say sorry and do better. Being a kind friend means including others, speaking nicely, and standing up for people who are being hurt.

Each of you will be assigned a designated "mean guy" who needs help making kind choices. You will learn about them and help them choose positive activities to help change their ways and turn into "kind guys".



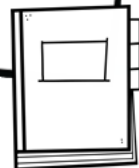
# MEAN GUYS



NAME: Javier

ABOUT: Makes fun of others, even if he says it's "just a joke."

LIKES: The outdoors, sports, exercising, writing/journaling.

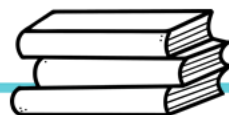
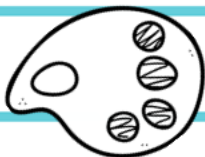


TRAITS: Makes fun of others, uses sarcasm or "jokes" that hurt feelings.

TACTICS: Says things like "just kidding" after being mean, makes fun of clothes, looks, or ideas.

WHY SHE DOES IT: Insecure or trying to seem funny.

IMPACT: Hurts self-esteem, causes confusion about whether he's a real friend.











# THE TEASER

What he might say or do:  
Write 1–2 examples of how this  
type of mean guy might act.

How this behavior makes others  
feel: Circle all that apply.

 Sad  Left out  
 Angry  Confused  
 Hurt  Worried

What could be going on in  
his heart? Why do you think a guy  
might act like this?



## MEAN GUYS

# THE TEASER

Turn this behavior into kindness! What is a kind, helpful, or loving thing he could do or say instead?



My Promise:

One way I can help others feel included  
and safe at school is:



## MEAN GUYS

# THE TEASER

Have you ever seen this mean guy behavior in your life?  
(Provide an example)

How did it make you feel?



Have you ever acted like this  
mean guy? (Provide an example)

How do you think it made the other person feel?



## MEAN GUYS



# ACTIVITIES

These are some fun, constructive activities that guys can do to stay busy, build confidence, and rewire their energy into kindness.



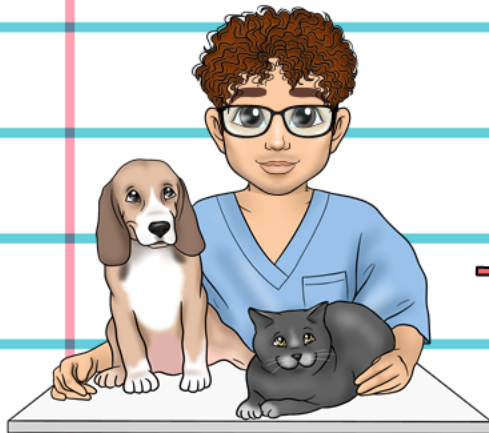
PLAY GAMES



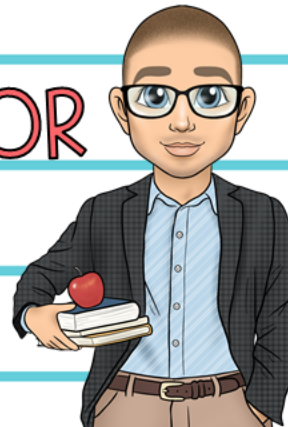
CLEAN UP YOUR  
COMMUNITY



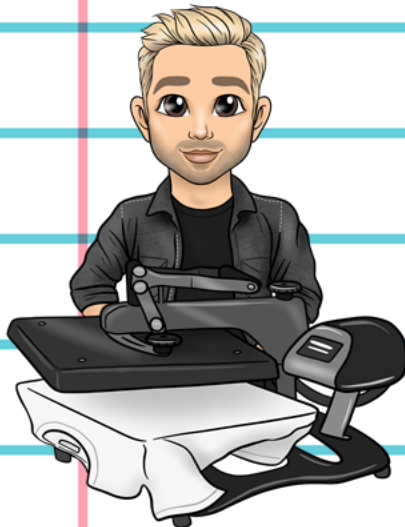
JOIN A  
CLUB



TUTOR



VOLUNTEER



START A BUSINESS



GO  
OUTDOORS

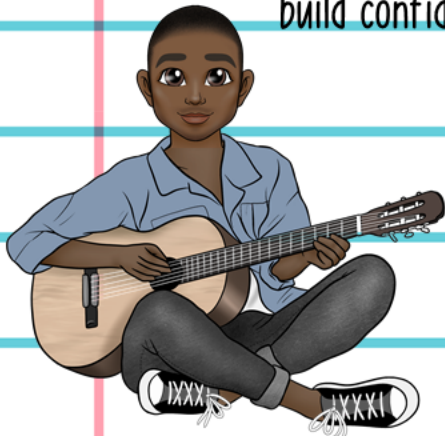


START A  
HOBBY

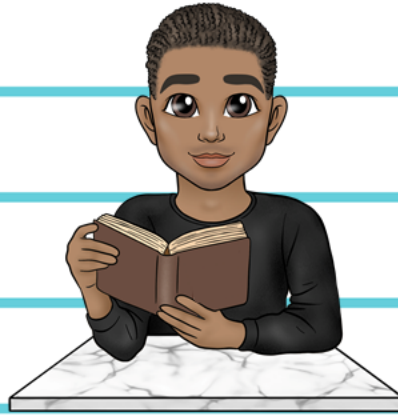


# ACTIVITIES

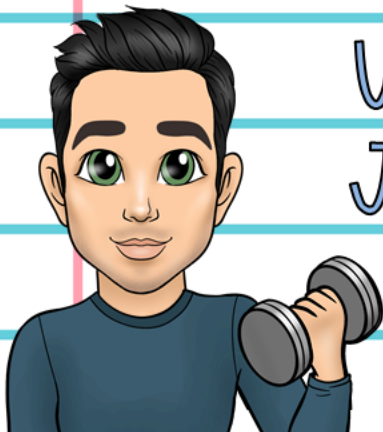
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PLAY AN  
INSTRUMENT



READ A BOOK

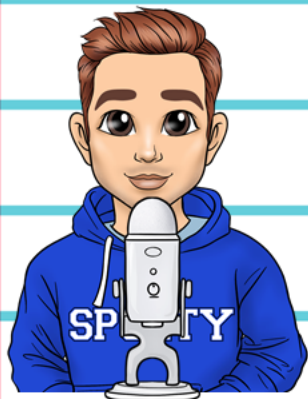


EXCERSIZE

WRITE/  
JOUNRAL



JOIN A  
SPORT



START A PODCAST



GO HIKING



CREATE ART

# THE TEASER

Based on his interests, what are some things he could do instead of being mean?

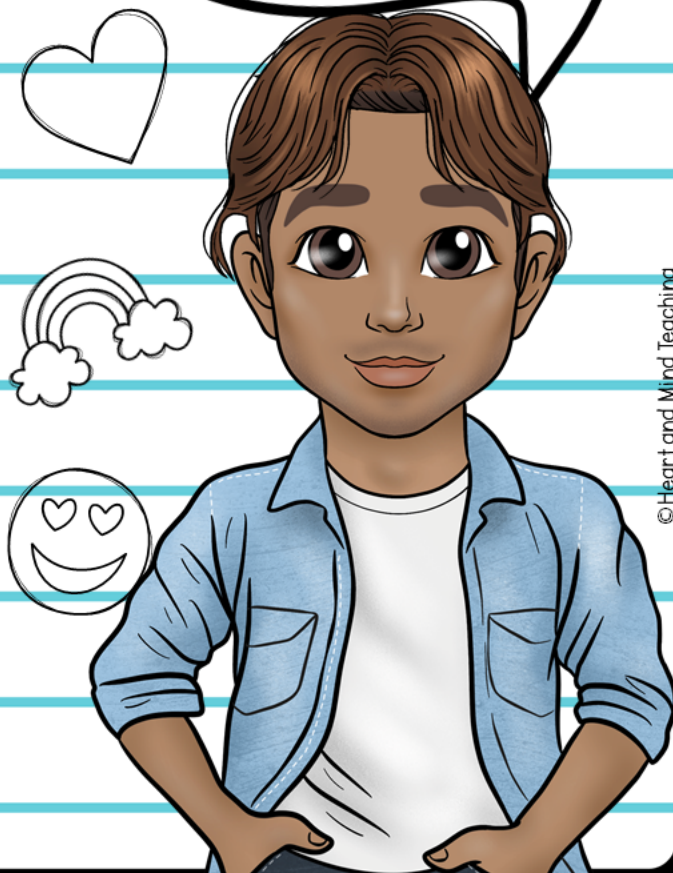
☐ Go outdoors.  
☐ Play a sport.  
☐ Play an instrument.  
☐ Write/journal.  
☐ Start a business.  
☐ Volunteer/help others.  
☐ Go Hiking.  
☐ Exercise/Work out.  
☐ Join a team/club.  
☐ Start a podcast.  
☐ Paint, draw, create art.  
☐ Start a YouTube Channel.  
☐ Clean up your community.  
☐ Bake/Cook.  
☐ Read a book/blog.

☐ Tutor.

☐ Play games.

☐ Start a hobby.

These positive activities will help shift my focus from negative (unkind) behavior to growth, creativity, and connection!





# THE TEASER

**Situation:** A guy wears something different from what everyone else is wearing.

"What is that outfit? Are you trying to be weird?"

**Change Javier's mean response to something kind.**

**Challenge:** How can you celebrate differences instead of mocking them?



## REFLECT ON IT

How would it feel to be the guy on the receiving end?

Why do you think someone might act like that?

What's one kind thing you could do in that situation?

# THE TEASER

EX-MEAN GUY JAVIER

I channeled my energy into my love for the outdoors. I encourage others to try new outdoor sports and challenges as a trail guide. I bring positive energy and excitement to group adventures.



Changing the focus of your attention from an undesirable behavior to a positive one is called Redirecting.

© Heart and Mind Teaching



What are some positive activities that you like to do?

THE OUTDOORSMAN



# KIND GUYS

I can be a kind guy by:



© Heart and Mind Teaching

Shine

**BRIGHT**  
WITH KINDNESS

# KIND GUYS

## INSTEAD OF THIS...

Leaving someone out.

Making fun of  
someone's clothes

Spreading rumors

Acting nice but  
gossiping later.

Giving mean looks or  
ignoring someone

Being the boss of  
the group.

## TRY THIS...

Invite them to play or  
sit with you.

Give a real compliment  
or say nothing at all

Say something kind  
about that person

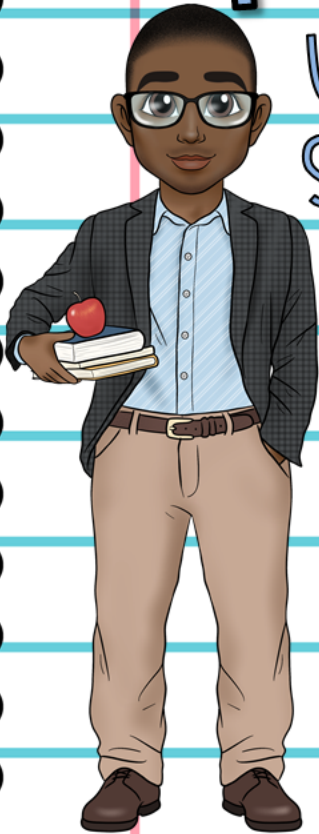
Be honest and kind to  
everyone—even when  
upset

Smile and say "hi"—  
even if you're not  
close.

Taking turns and  
include others' ideas.



# KIND GUYS



## WHAT ARE WAYS PEOPLE SHOW MEAN BEHAVIOR?

Instructions: Circle the ones you've seen, or even done.



Left someone out of your group



Teased someone or made a "joke" that hurt



Gave someone the silent treatment



Talked about someone behind their back



Rolled your eyes or gave a mean look



Acted nice but weren't being real



? Other: \_\_\_\_\_

## WHY DO PEOPLE ACT MEAN SOMETIMES?

Check any that might be true for you.

☐ I felt jealous

☐ I wanted to fit in

☐ I was mad or hurt

☐ I didn't know how to say what I felt

☐ I thought it was funny

☐ I didn't mean to hurt anyone

☐ Other: \_\_\_\_\_





# KIND GUYS PLAN

I plan to be a kind guy! Here's my plan:

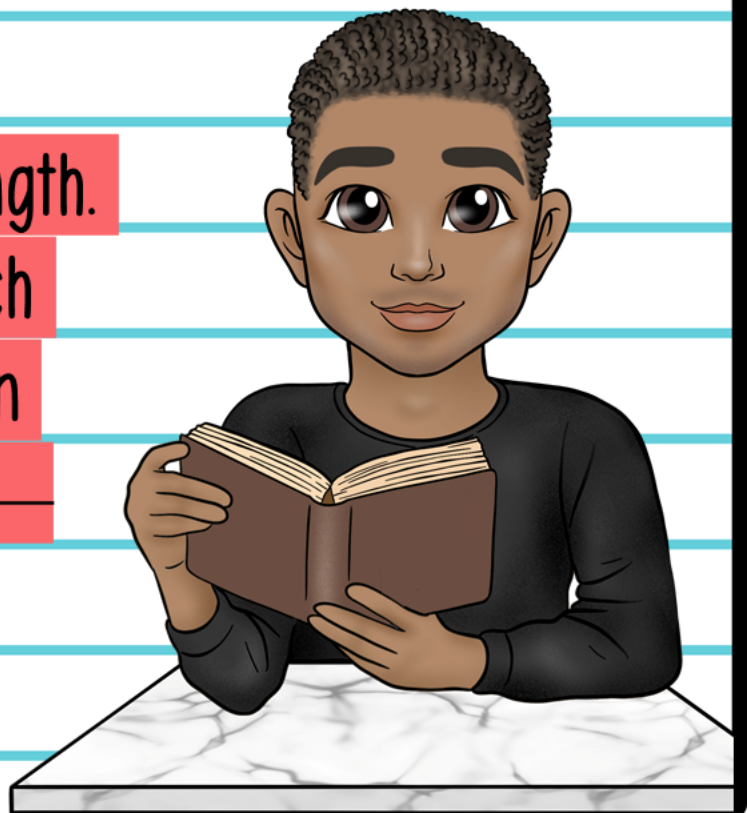
One thing I will stop doing:

One kind thing I can say to someone this week:

One way I'll help someone feel included:

Kindness takes strength.

Real guys lift each  
other up. You can  
change the story—  
starting today!





BLACK & WHITE  
VERSION

# MEAN GUYS

## Session Objective:

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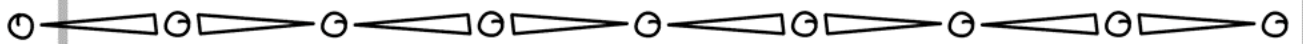
Your Name: \_\_\_\_\_





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# TYPES OF MEAN GUYS



THE EXCLUDER

Tries to control who's in the group and makes others feel less important.



THE BOSS

Wants to control everyone.



THE TEASER

Makes fun of others, but says it's "just a joke."



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Sees the meanness and does nothing to stop it.



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Sometimes they feel:


♡ Insecure

♡ Jealous

♡ Left out

♡ Pressured to 'fit in' or be part of the group

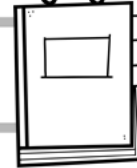
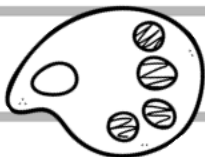
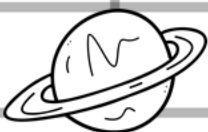
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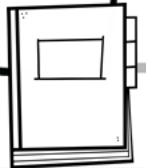
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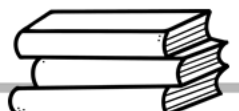
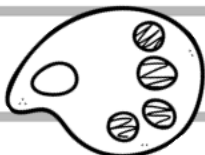


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Confused Hurt Worried

What could be going on in  
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## MEAN GUYS

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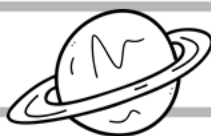
# MEAN GUYS



# THE TEASER

Have you ever seen this mean guy behavior in your life?  
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How did it make you feel?



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## MEAN GUYS



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CLEAN UP YOUR  
COMMUNITY



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CLUB



VOLUNTEER

TUTOR



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# ACTIVITIES

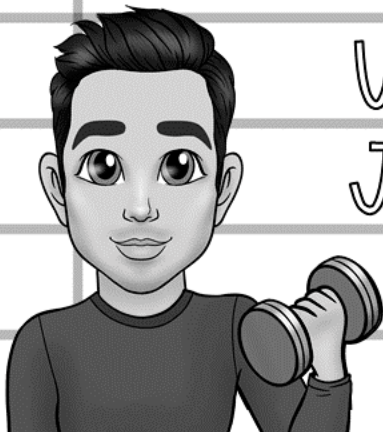
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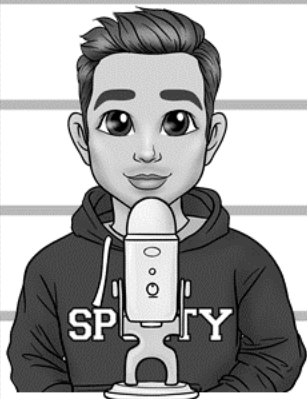


EXCERSIZE

WRITE/  
JOUNRAL



JOIN A  
SPORT



START A PODCAST



GO HIKING

CREATE ART



# THE TEASER

Based on his interests, what are some things he could do instead of being mean?

☐ Go outdoors.  
☐ Play a sport.  
☐ Play an instrument.  
☐ Write/journal.  
☐ Start a business.  
☐ Volunteer/help others.  
☐ Go Hiking.  
☐ Exercise/Work out.  
☐ Join a team/club.  
☐ Start a podcast.  
☐ Paint, draw, create art.  
☐ Start a YouTube Channel.  
☐ Clean up your community.  
☐ Bake/Cook.  
☐ Read a book/blog.

☐ Tutor.

☐ Play games.

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These positive activities will help shift my focus from negative (unkind) behavior to growth, creativity, and connection!



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THE OUTDOORSMAN



# KIND GUYS

I can be a kind guy by:



© Heart and Mind Teaching

Shine

BRIGHT

WITH KINDNESS

# KIND GUYS

INSTEAD OF THIS...

TRY THIS...

Leaving someone out.

Invite them to play or sit with you.

Making fun of someone's clothes

Give a real compliment or say nothing at all

Spreading rumors

Say something kind about that person

Acting nice but gossiping later.

Be honest and kind to everyone—even when upset

Giving mean looks or ignoring someone

Smile and say "hi"—even if you're not close.

Being the boss of the group.

Taking turns and include others' ideas.



# KIND GUYS



## WHAT ARE WAYS PEOPLE SHOW MEAN BEHAVIOR?

Instructions: Circle the ones you've seen, or even done.

Left someone out of your group

Teased someone or made a "joke" that hurt

Gave someone the silent treatment

Talked about someone behind their back

Rolled your eyes or gave a mean look

Acted nice but weren't being real

Other: \_\_\_\_\_

## WHY DO PEOPLE ACT MEAN SOMETIMES?

Check any that might be true for you.

☐ I felt jealous

☐ I wanted to fit in

☐ I was mad or hurt

☐ I didn't know how to say what I felt

☐ I thought it was funny

☐ I didn't mean to hurt anyone

☐ Other: \_\_\_\_\_





# KIND GUYS PLAN

I plan to be a kind guy! Here's my plan:

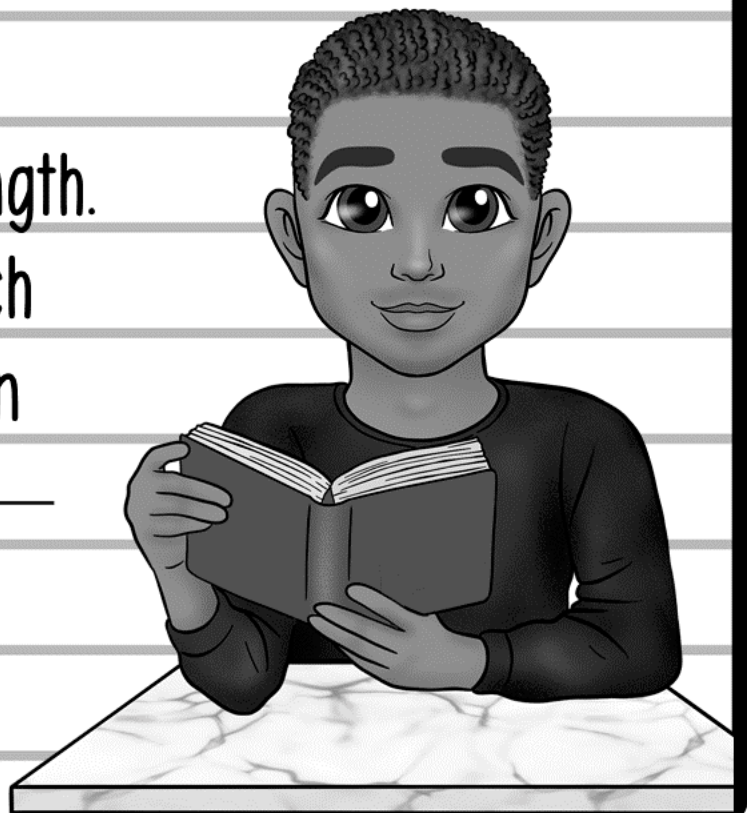
One thing I will stop doing:

One kind thing I can say to someone this week:

One way I'll help someone feel included:

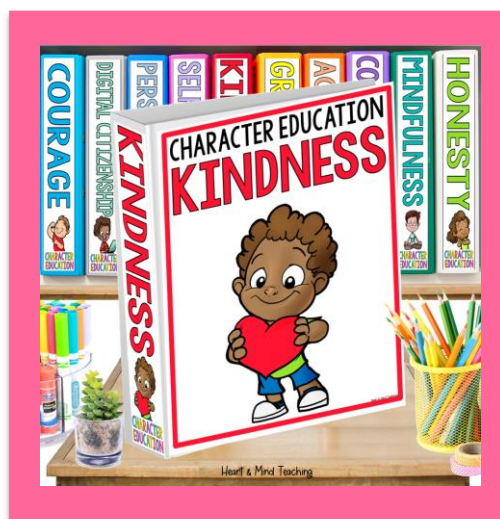
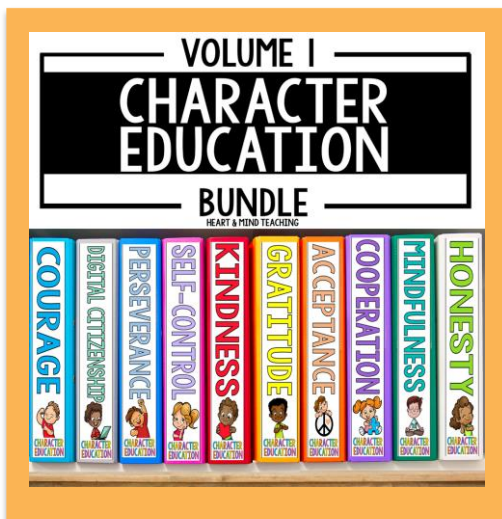
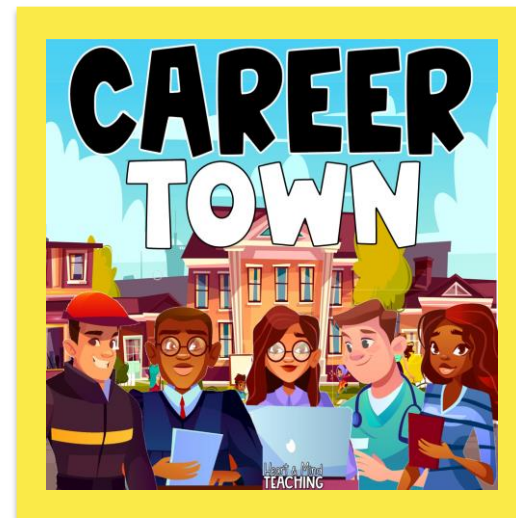
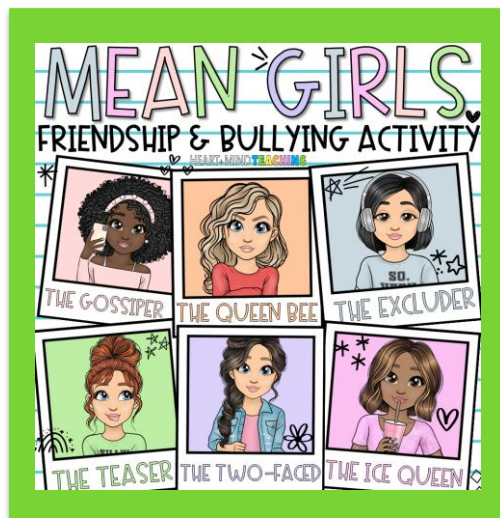
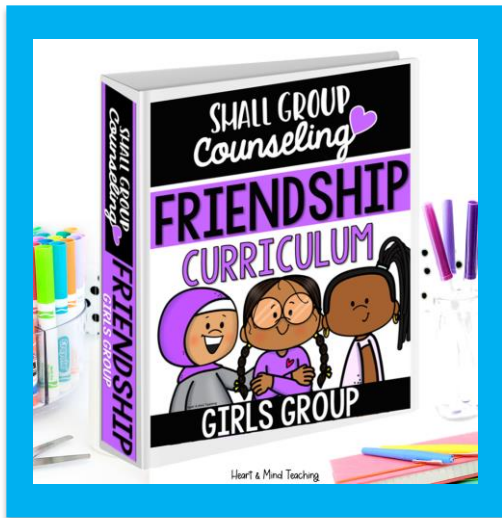
Kindness takes strength.

Real guys lift each  
other up. You can  
change the story—  
starting today!



# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



**COUNSELOR**  
**Collab**  
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

**CLICK TO COLLAB**

## MEMBER PERKS

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.



HEART+MIND  
TEACHING



# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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*Ashley*

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## CREDITS

