

# THANK YOU FOR YOUR PURCHASE!



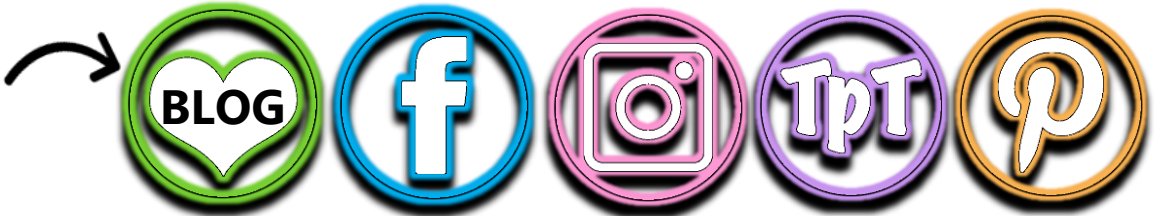
Did you know that when you leave feedback on TPT you earn credits towards future purchases?

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I truly appreciate your feedback to help my little store grow.

## LET'S BE FRIENDS

Access my  
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Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



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 Girls: The Excluder](#)

**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 GIRLS

## Session Objective:

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

## Materials:

\*Handouts, pencils.

## Guiding Questions:

- \*How does mean girl 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 girls 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:

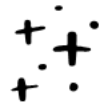
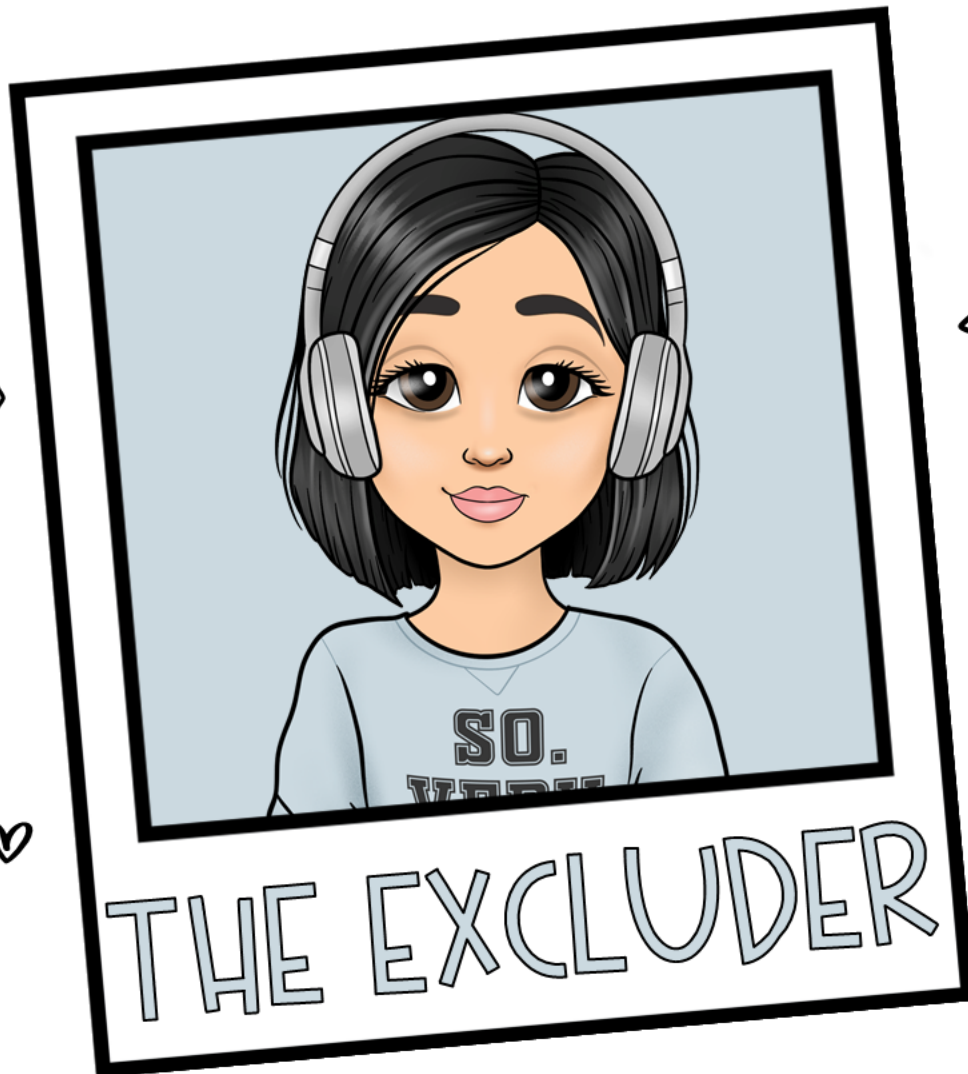
- \*Responsible decision-making: analyzing situations, solving problems, evaluating, reflecting.
- \*Social awareness: Empathy, perspective-taking, appreciating diversity, respecting others.
- \*Relationship skills: Communication, social engagement, relationship building.
- Self-awareness: Accurate self-perception, self-confidence.

## Session Details

- Assign each girl a "mean girl", print one of the mean girl workbooks out for each "mean girl" (5 in total). If you know that the student is similar to that mean girl 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, girls use power in hurtful ways. That's what we call mean girl behavior. "A 'mean girl' doesn't always yell or push people. She might smile in front of you, then whisper something mean later. Or she might say, 'You can't sit with us,' or roll her eyes when someone walks by. Today we are going to learn more about mean and kind girl behavior. This will take empathy and an honest self-perception of your own behavior. I have assigned you each a "mean girl" 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 girl, having them share about their mean girl and their responses.

# MEAN GIRLS

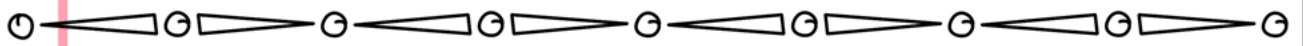
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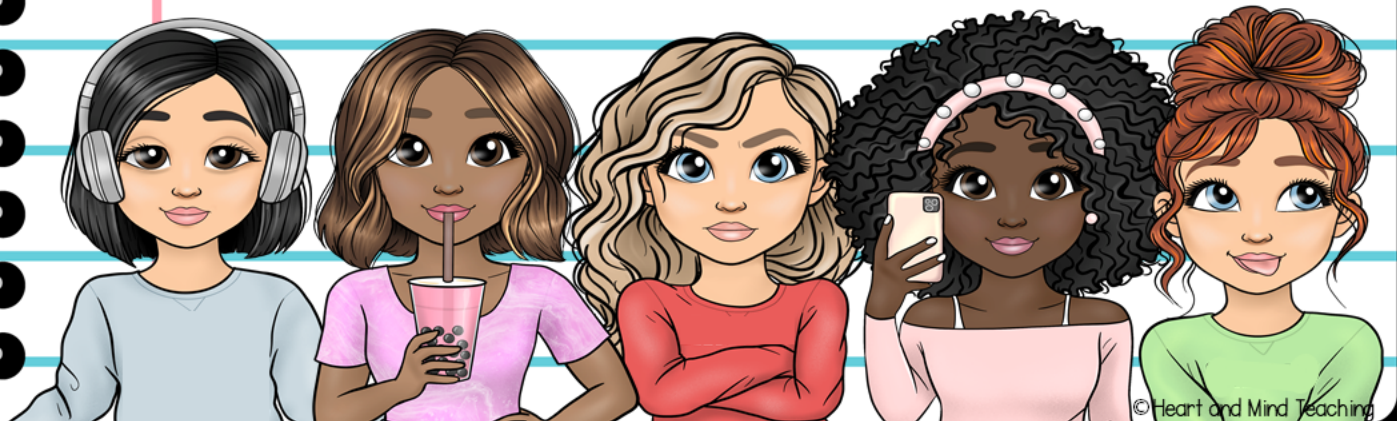
# MEAN GIRLS

When girls 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 girl behavior.’” A ‘mean girl’ doesn’t always yell or push people. She might smile in front of you, then whisper something mean later. Or she might say, ‘You can’t sit with us,’ or roll her eyes when someone walks by.”



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

- \* Excluding someone from your friend group or plans
- \* Talking behind someone's back
- \* Spreading rumors or screenshots to embarrass others
- \* Teasing or “joking” that goes too far
- \* Giving the silent treatment or mean looks
- \* Being two-faced (nice to someone's face but mean behind their back)
- \* Trying to control who others hang out with



# TYPES OF MEAN GIRLS



THE EXCLUDER

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



THE QUEEN BEE

Spreads rumors or talks behind others' backs.



THE ICE QUEEN

Gives mean looks, ignores people, or leaves them out without saying anything.



THE TEASER

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



THE TWO-FACED

Acts nice to your face but mean behind your back.



THE GOSSIPER

Leaves others out on purpose.



# MEAN GIRLS

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

Sometimes they feel:

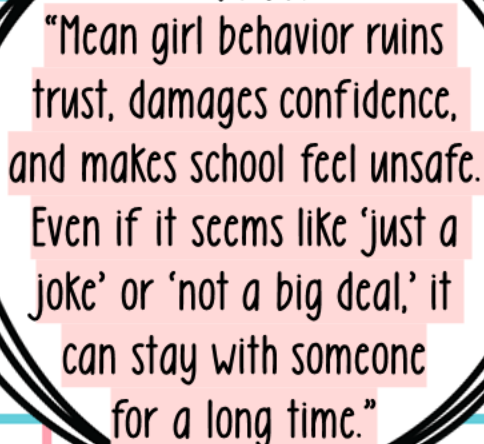
♡ Insecure

♡ Jealous

♡ Left out

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

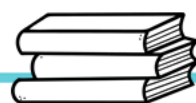
♡ Need control to feel important



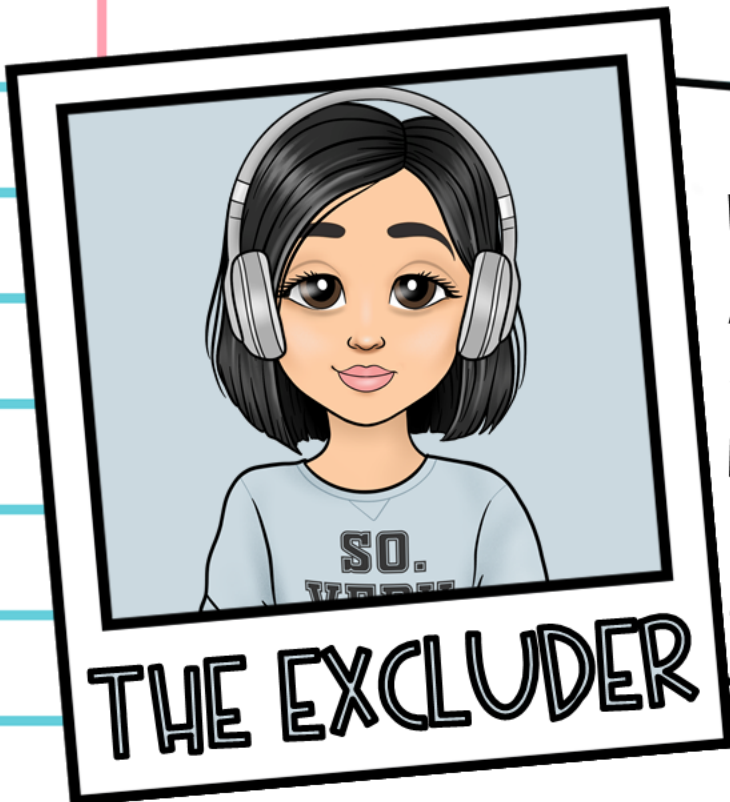
"Mean girl behavior ruins trust, damages confidence, and makes school feel unsafe. Even if it seems like 'just a joke' or 'not a big deal,' it can stay with someone for a long time."

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 girl" 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 girls".



# MEAN GIRLS



NAME: Mei

ABOUT: Leaves others out on purpose.

LIKES: Music, meditation, listening to podcasts, playing guitar, writing.

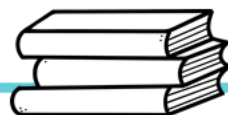


TRAITS: Ignores, isolates, or leaves others out intentionally.

TACTICS: Doesn't invite others to play, sit together, or be part of group activities.

WHY SHE DOES IT: She may want to feel powerful or "in control" of who belongs.

IMPACT: Makes others feel invisible, unwanted, or like they don't belong.











# THE EXCLUDER

What she might say or do:  
Write 1–2 examples of how this  
type of mean girl 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  
her heart? Why do you think a girl  
might act like this?



## MEAN GIRLS

# THE EXCLUDER

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



My Promise:

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

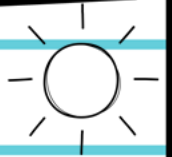


## MEAN GIRLS

# THE EXCLUDER

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

How did it make you feel?



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

How do you think it made the other person feel?



## MEAN GIRLS



# ACTIVITIES

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



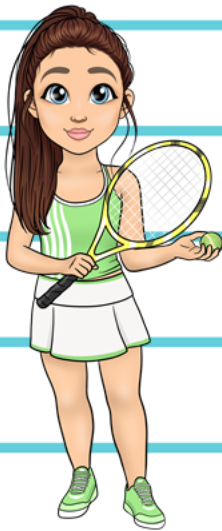
START A  
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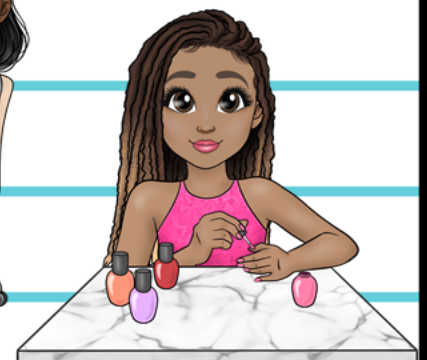
DANCE



START A PODCAST



START A  
YOUTUBE



SELF CARE



# ACTIVITIES

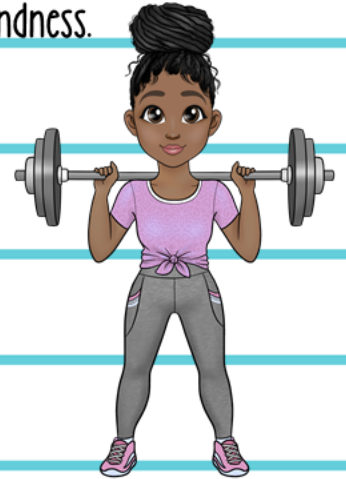
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DO YOGA



READ A BOOK



EXCERSIZE



PLAY AN  
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CREATE ART



VOLUNTEER



WRITE/JOURNAL



GARDEN



BAKE

# THE EXCLUDER

Based on her interests, what are some things she could do instead of being mean?

Meditate.

Play a sport.

Play an instrument.

Write/journal.

Start a business.

Volunteer/help others.

Do yoga.

Exercise/Work out.

Join a team/club.

Start a podcast.

Paint, draw, create art.

Start a YouTube Channel.

Dance.

Bake/Cook.

Read a book/blog.

Garden.

Play games.

Self-care.

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



# THE EXCLUDER

Situation: You and two friends are playing a game at recess. Another girl asks if she can join.

"Sorry, there's no room for more."



Change Mei's mean response to something kind.

Challenge: How can you make someone new feel welcome?



## REFLECT ON IT

How would it feel to be the girl 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 EXCLUDER

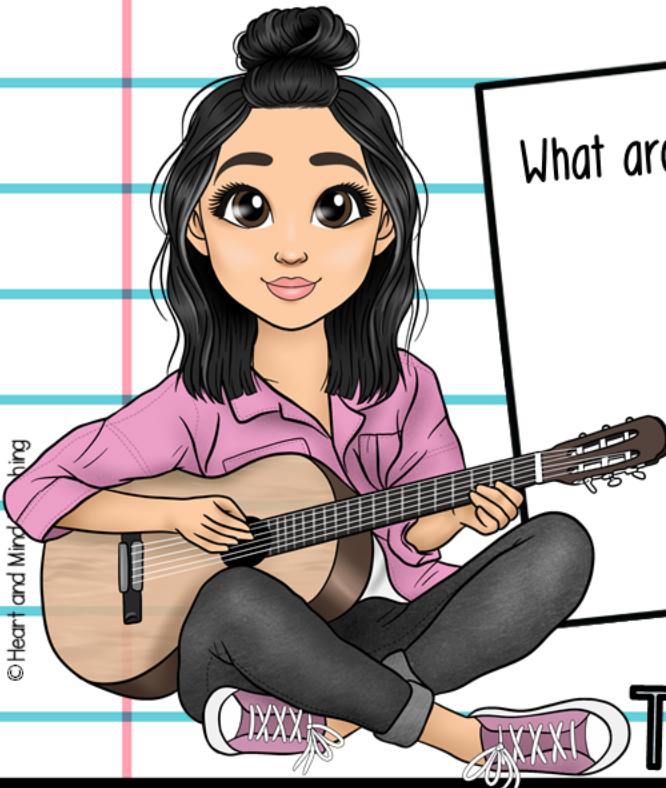
## EX-MEAN GIRL MEI

I channeled my energy into playing guitar and writing songs. I started a band and help create our setlist to perform and work with my bandmates to improve the band and our sound. Writing lyrics helps me express myself in a positive way.



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

What are some positive activities that you like to do?



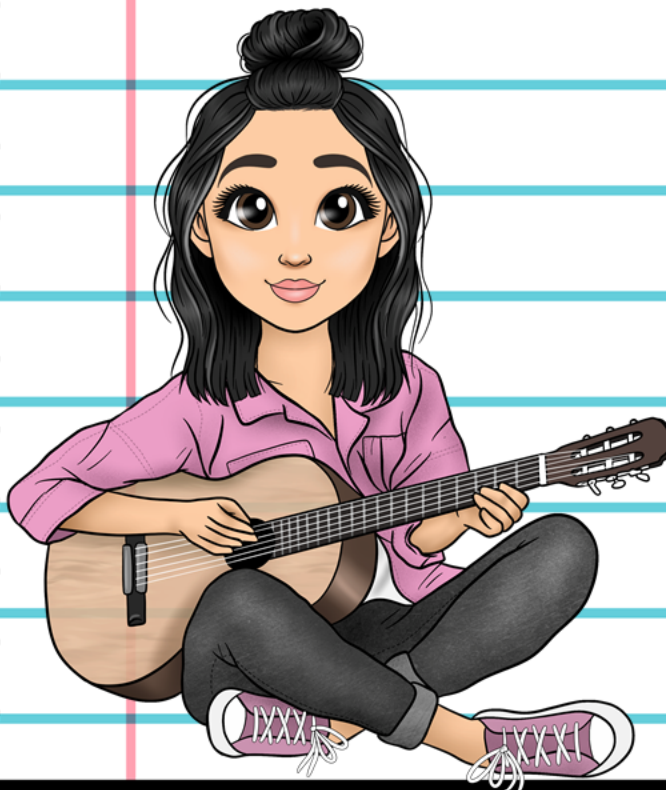
© Heart and Mind Coaching

## THE BAND MEMBER



# KIND GIRLS

I can be a kind girl by:



be the  
**LIGHT**  
OF KINDNESS

# KIND GIRLS

## INSTEAD OF THIS...

Leaving someone out.

Making fun of  
someone's clothes

Spreading rumors

Acting sweet 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.

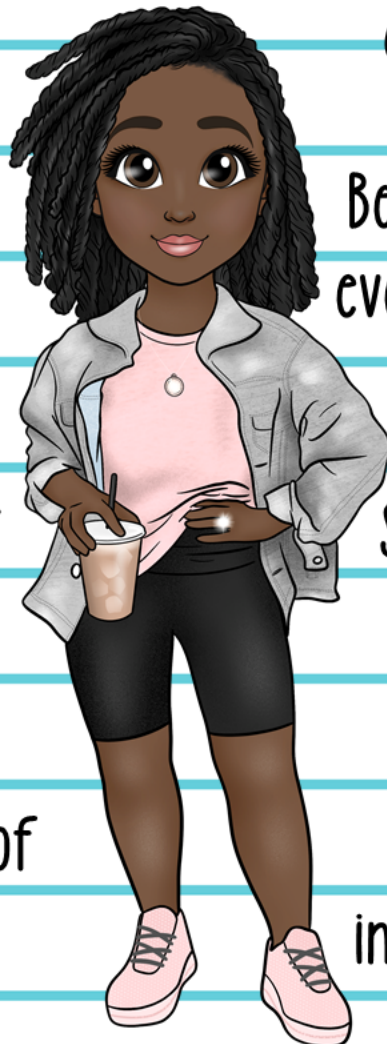
Give a real compliment  
or say nothing at all

Say something kind  
about that person

Be honest and kind to  
everyone—even when  
upset

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

Taking turns and  
include others' ideas.



# KIND GIRLS



## 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 GIRL PLAN

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

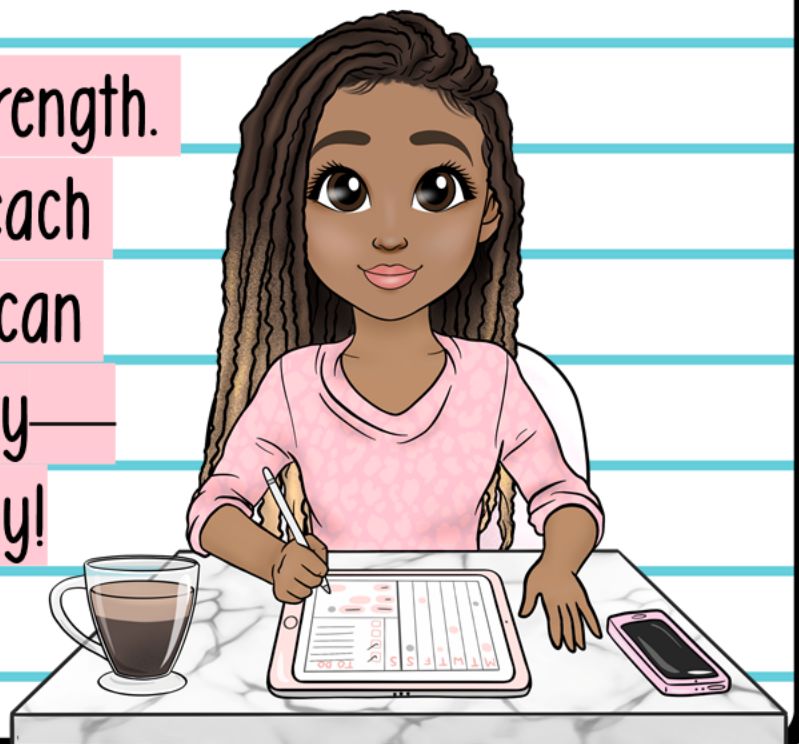
One thing I will stop doing:

One kind thing I can say to someone this week:

One way I'll help someone feel included:

Kindness takes strength.

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





BLACK & WHITE  
VERSION

# MEAN GIRLS

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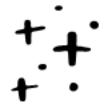
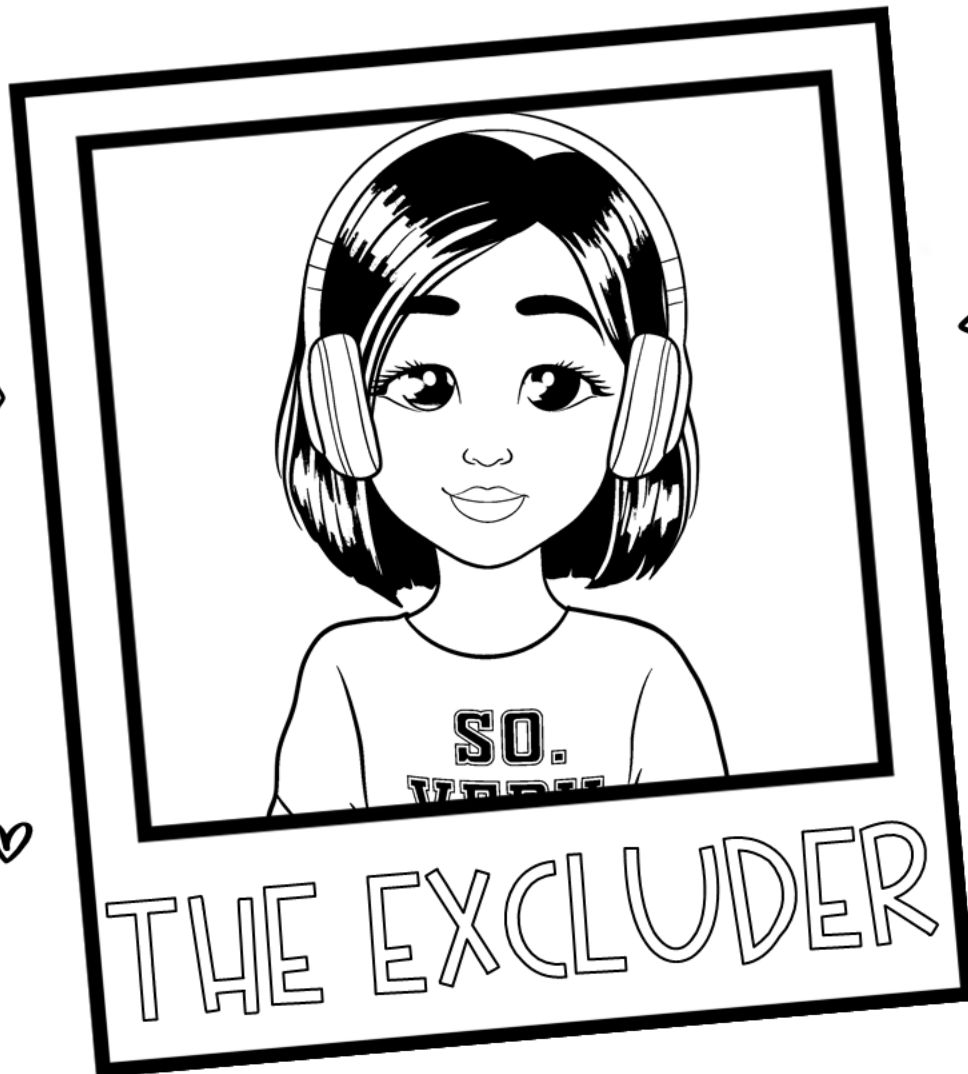
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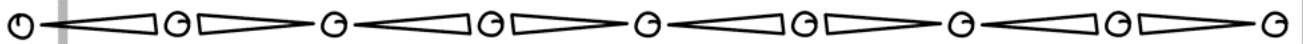
Your Name: \_\_\_\_\_





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



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Acts nice to your face but mean behind your back.



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Leaves others out on purpose.



# MEAN GIRLS

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

Sometimes they feel:


♡ Insecure

♡ Jealous

♡ Left out

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

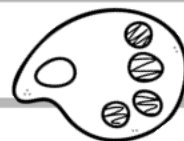
♡ Need control to feel important



"Mean girl 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."

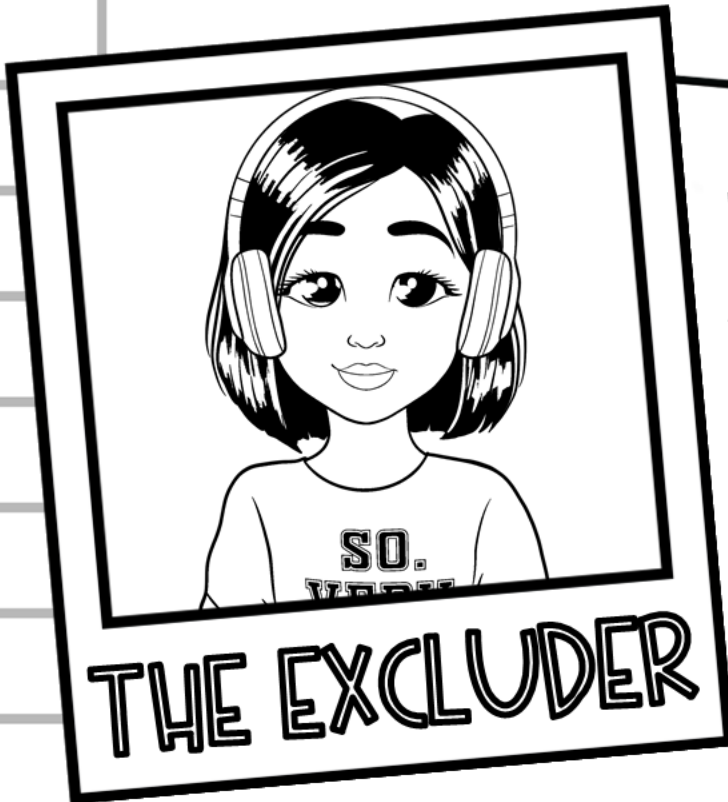
The good news is—we all have the power to be kind instead. If we've ever acted in a way that wasn't kind, we can say sorry and do better. Being a kind friend means including others, speaking nicely, and standing up for people who are being hurt.

Each of you will be assigned a designated "mean girl" 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 girls".





# MEAN GIRLS



THE EXCLUDER

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ABOUT: Leaves others out on purpose.

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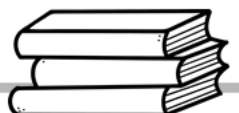
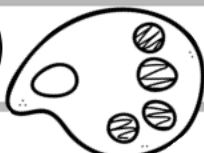


TRAITS: Ignores, isolates, or leaves others out intentionally.

TACTICS: Doesn't invite others to play, sit together, or be part of group activities.

WHY SHE DOES IT: She may want to feel powerful or "in control" of who belongs.







IMPACT: Makes others feel invisible, unwanted, or like they don't belong.



# THE EXCLUDER

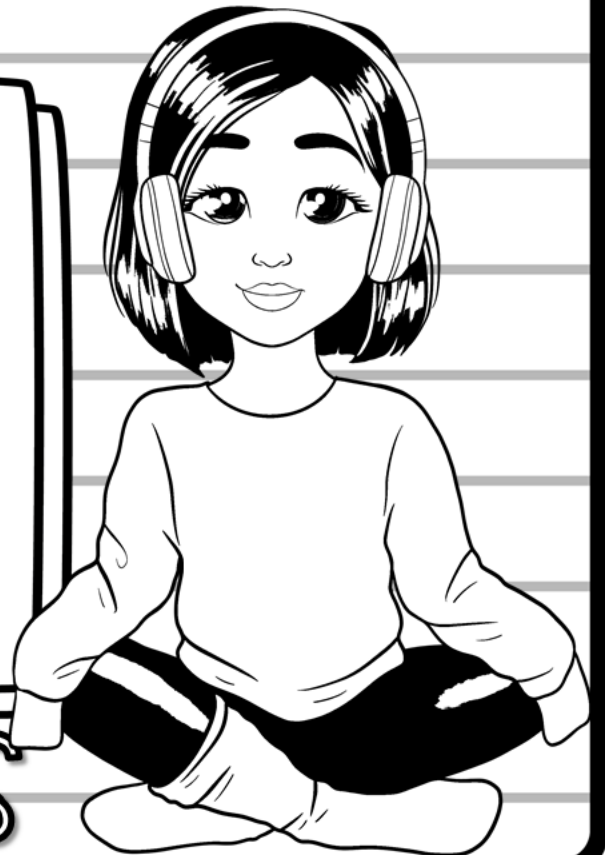
What she might say or do:  
Write 1–2 examples of how this  
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How this behavior makes others  
feel: Circle all that apply.

- |   |  |
|---|--|
|  Sad   |  Left out |
|  Angry |  Confused |
|  Hurt  |  Worried  |



What could be going on in  
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might act like this?



## MEAN GIRLS

# THE EXCLUDER

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



My Promise:

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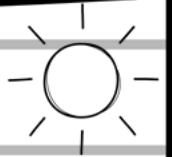
## MEAN GIRLS



# THE EXCLUDER

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

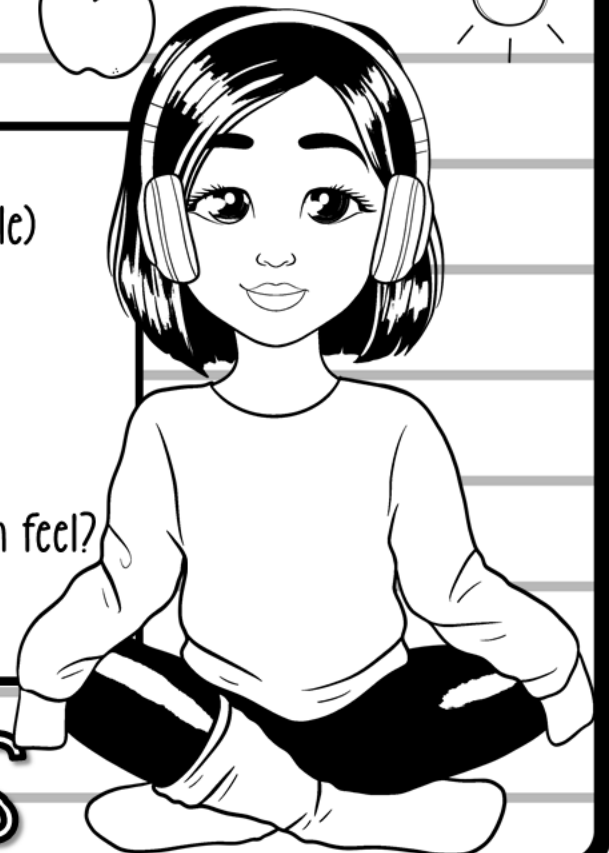
How did it make you feel?



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

How do you think it made the other person feel?

## MEAN GIRLS

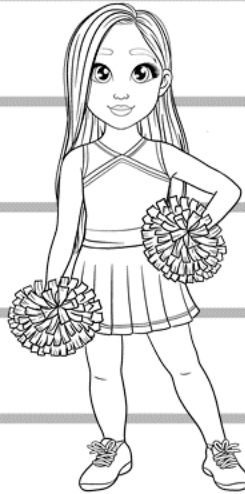


# ACTIVITIES

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



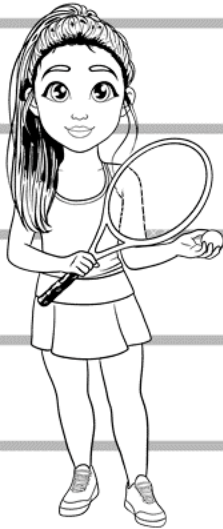
START A  
BUSINESS



JOIN A TEAM



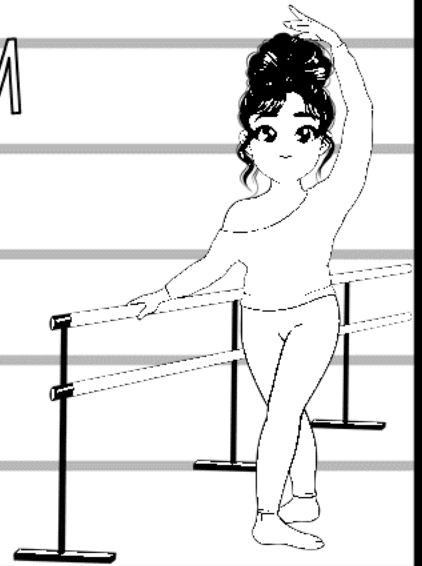
RELAX



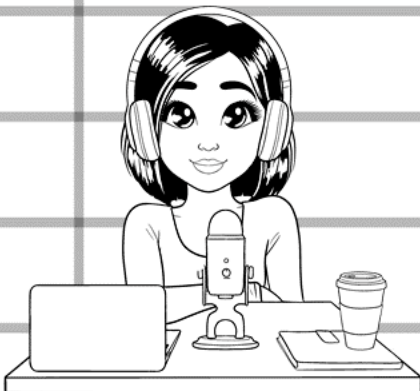
PLAY A SPORT



MEDITATE



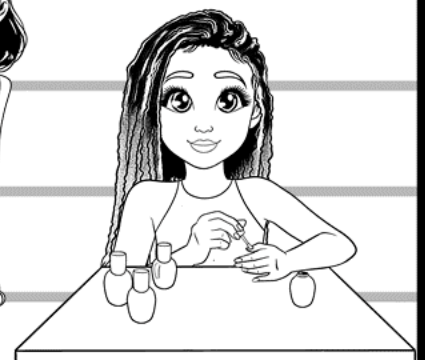
DANCE



START A PODCAST



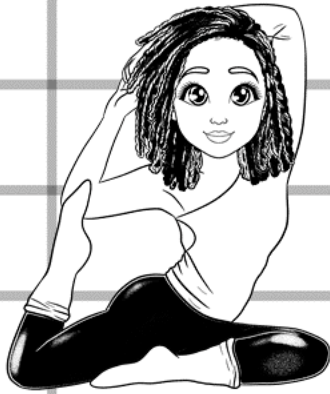
START A  
YOUTUBE



SELF CARE

# ACTIVITIES

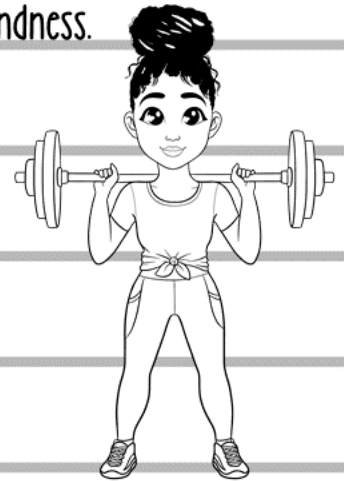
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READ A BOOK



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PLAY AN  
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CREATE ART



VOLUNTEER



WRITE/JOURNAL



GARDEN



BAKE



# THE EXCLUDER

Based on her interests, what are some things she could do instead of being mean?

☐ Meditate.

☐ Play a sport.

☐ Play an instrument.

☐ Write/journal.

☐ Start a business.

☐ Volunteer/help others.

☐ Do yoga.

☐ Exercise/Work out.

☐ Join a team/club.

☐ Start a podcast.

☐ Paint, draw, create art.

☐ Start a YouTube Channel.

☐ Dance.

☐ Bake/Cook.

☐ Read a book/blog.

☐ Garden.

☐ Play games.

☐ Self-care.

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



# THE EXCLUDER

Situation: You and two friends are playing a game at recess.  
Another girl asks if she can join.

"Sorry, there's no  
room for more."



Change Mei's mean  
response to something kind.

Challenge: How can you  
make someone new feel  
welcome?

## REFLECT ON IT

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## EX-MEAN GIRL MEI

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What are some positive activities that you like to do?



## THE BAND MEMBER



# KIND GIRLS

I can be a kind girl by:



be the  
**Light**  
OF KINDNESS

# KIND GIRLS

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 sweet but gossiping later.

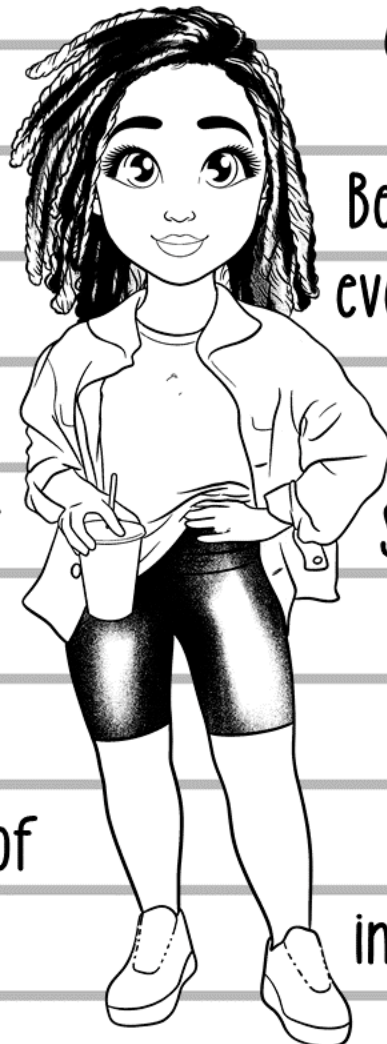
Be honest and kind to everyone—even when upset

Giving mean looks or ignoring someone

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

Being the boss of the group.

Taking turns and include others' ideas.



# KIND GIRLS



## 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 GIRL PLAN

I plan to be a kind girl! 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:

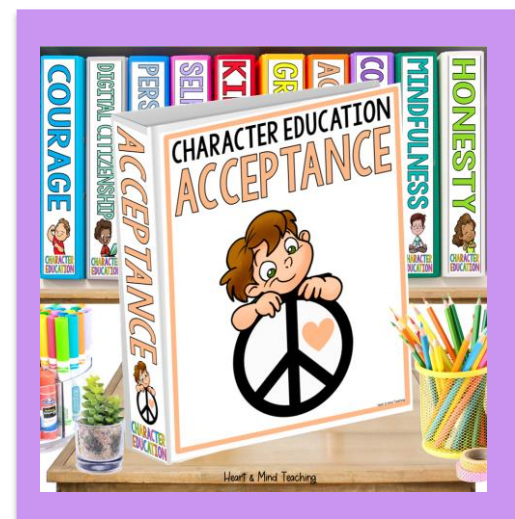
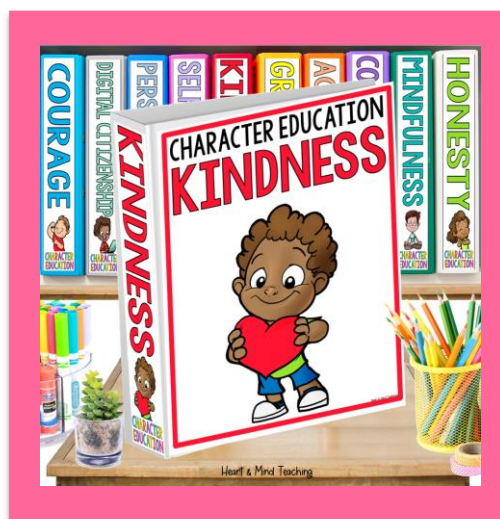
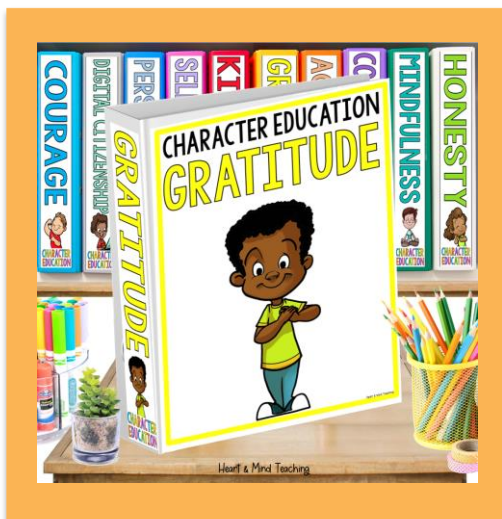
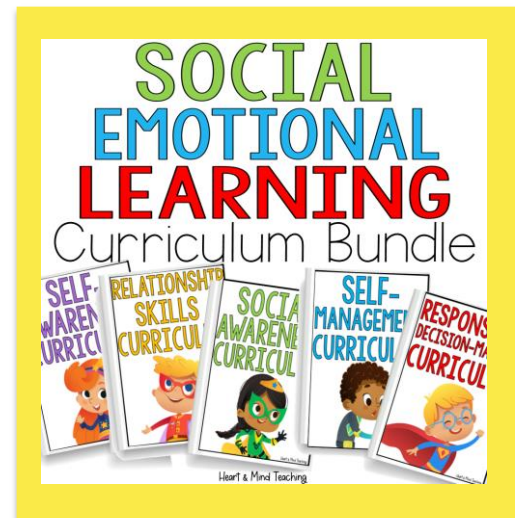
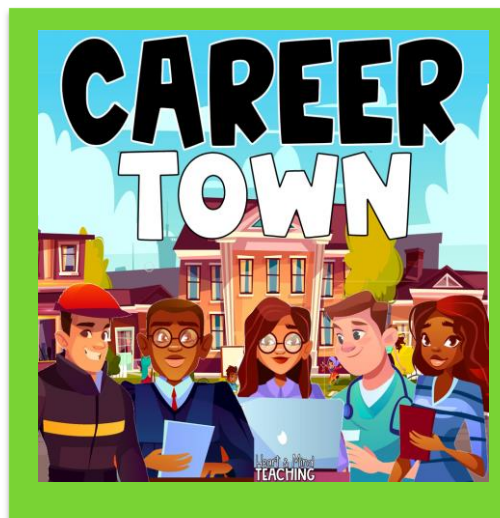
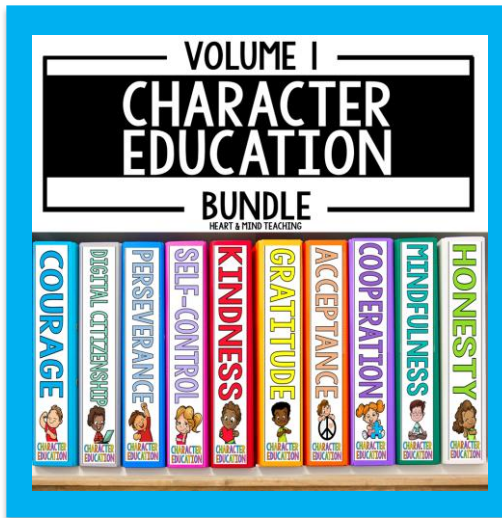
Kindness takes strength.

Real girls 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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If you have any questions or concerns please email me at:

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## CREDITS

