

THANK YOU FOR YOUR PURCHASE!



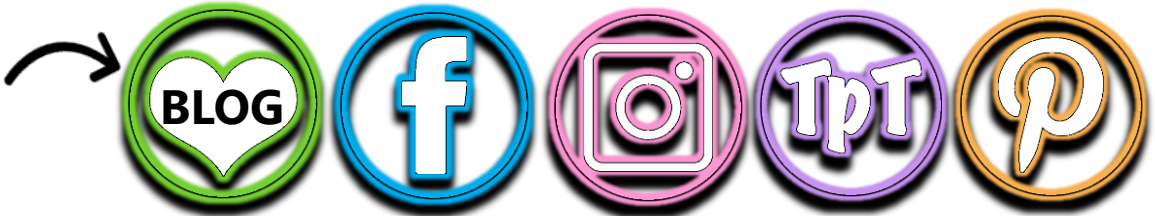
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I truly appreciate your feedback to help my little store grow.

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Library



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If you have any questions or concerns please email me at:
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 One-Upper](#)

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

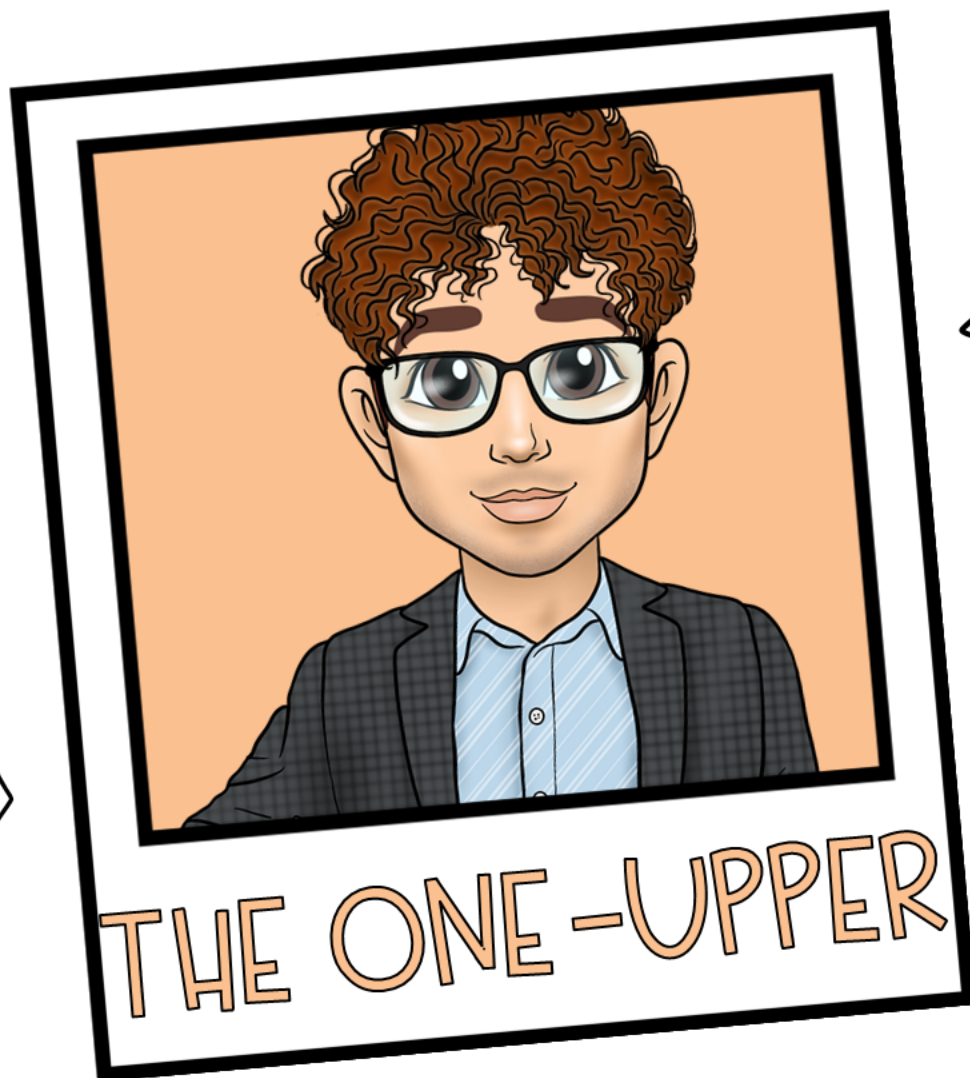
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-Say "Let's be honest—friendships can get messy. People start forming tighter groups, worrying about popularity, and sometimes, guys use power in hurtful ways. That's what we call mean guy behavior. "A 'mean guy' doesn't always yell or push people. 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

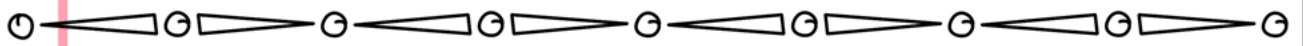
Your Name: _____



THE ONE-UPPER

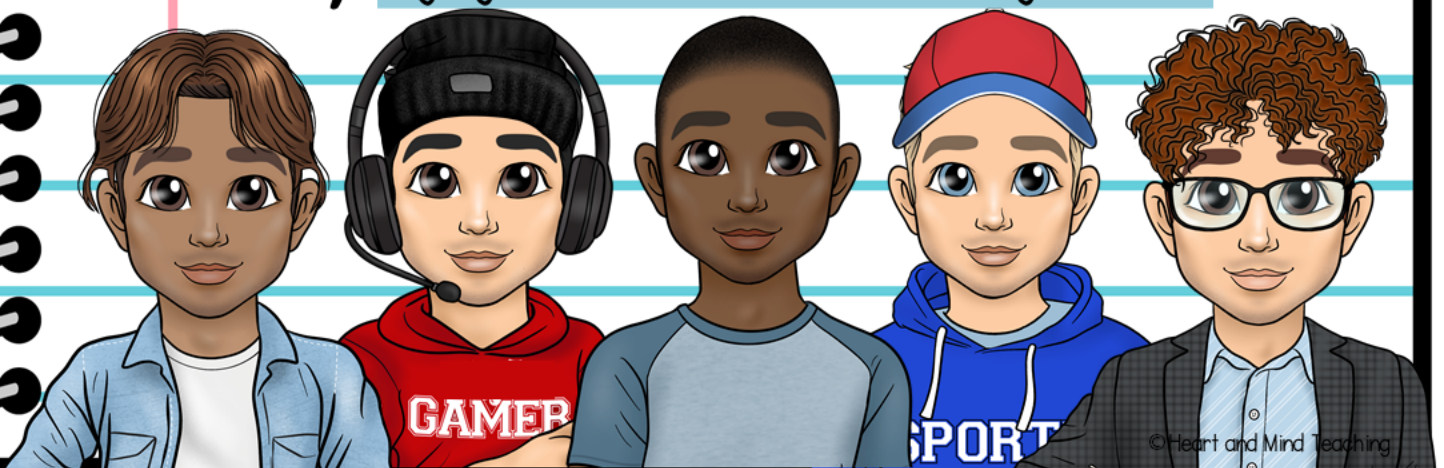
MEAN GUYS

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
- * 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 GUYS



THE EXCLUDER

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



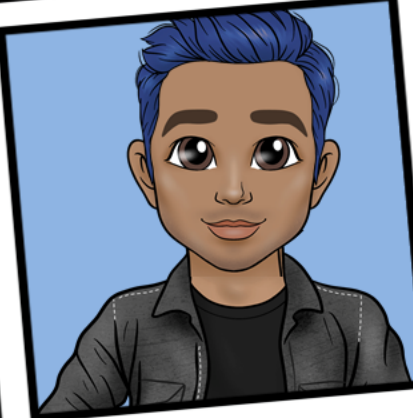
THE BOSS

Wants to control everyone.



THE TEASER

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



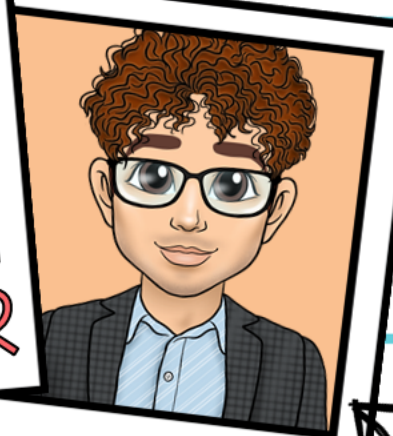
THE HOT-HEADED

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:

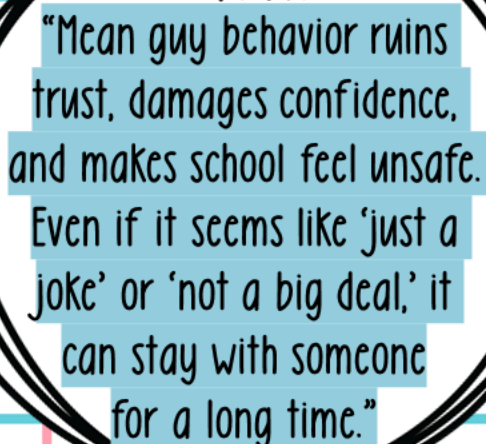
♡ Insecure

♡ Jealous

♡ Left out

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

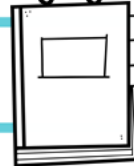
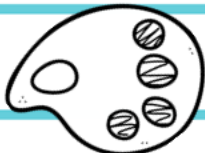
♡ Need control to feel important



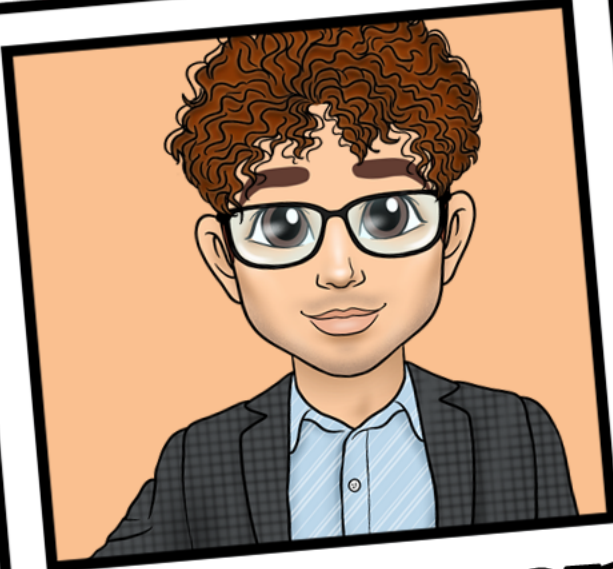
"Mean guy behavior ruins trust, damages confidence, and makes school feel unsafe. Even if it seems like 'just a joke' or 'not a big deal,' it can stay with someone for a long time."

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



THE ONE-UPPER

NAME: Ben

ABOUT: Always has to be better than others.

LIKES: Animals, math, science, playing with his dog, painting, tutoring.

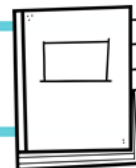


TRAITS: Competitive, brags, always has a "better" story.

TACTICS: Interrupts, turns the attention on himself, tries to outdo others in games, stories, and jokes.

WHY HE DOES IT: He wants to feel important or likes, may feel insecure or jealous, craves acceptance.







IMPACT: Makes others feel unheard or unimportant. Causes frustration or resentment, and for others to stop sharing.



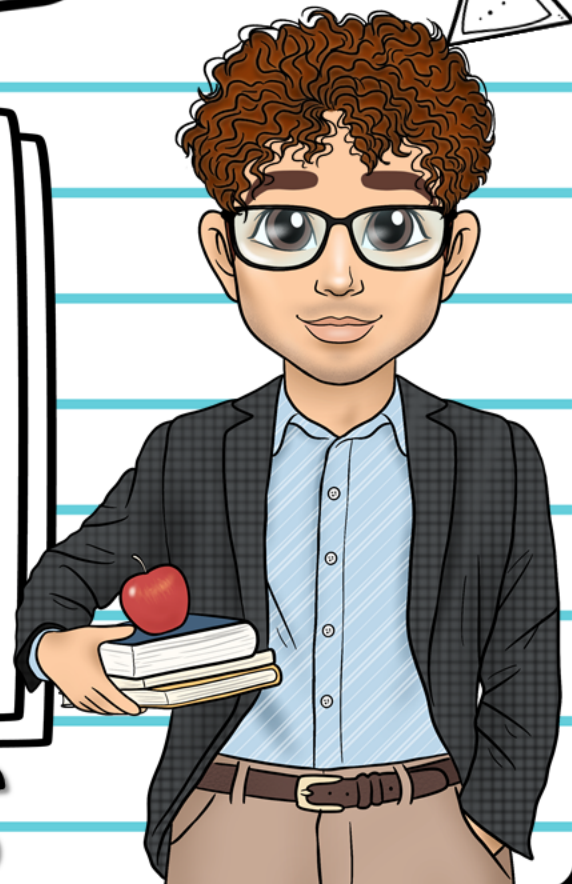
THE ONE-UPPER

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

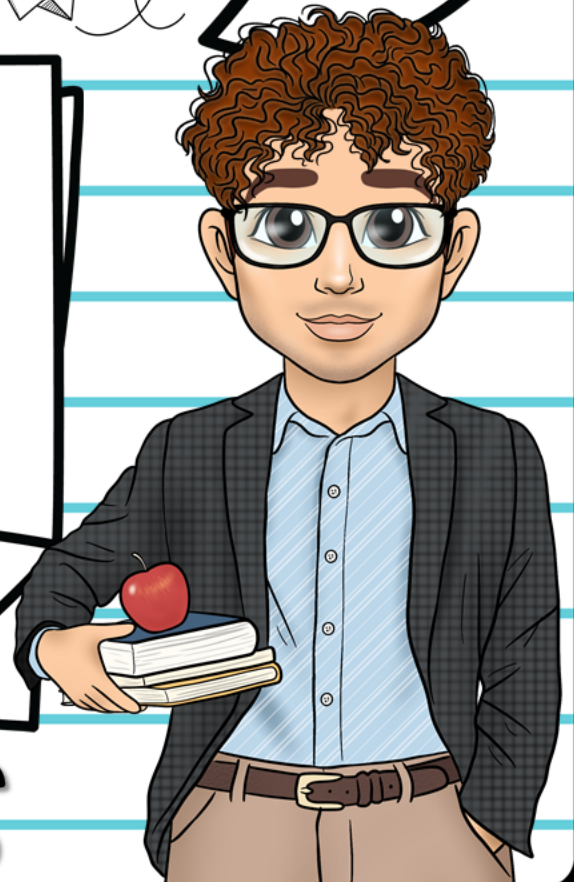
THE ONE-UPPER

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

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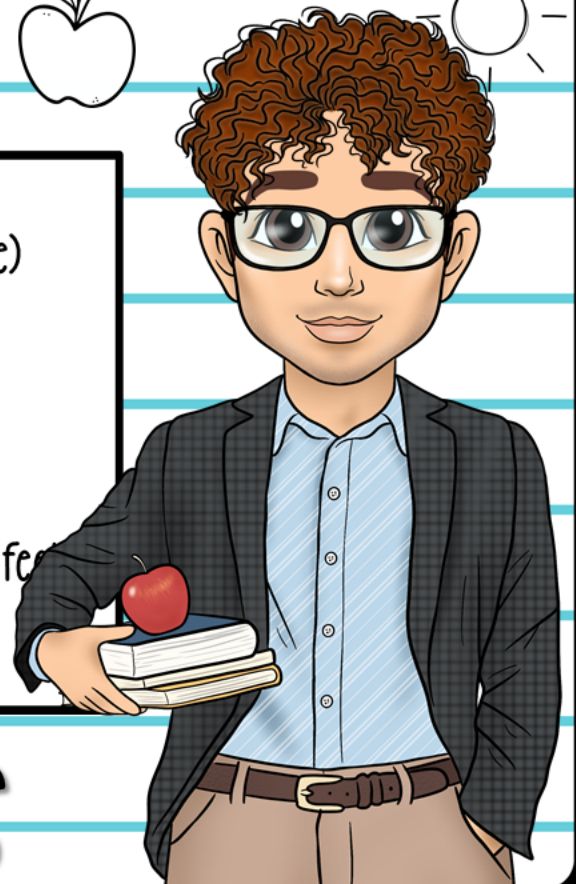
Have you ever seen this mean guy behavior in your life?
(Provide an example)

How did it make you feel?



Have you ever acted like this
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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.



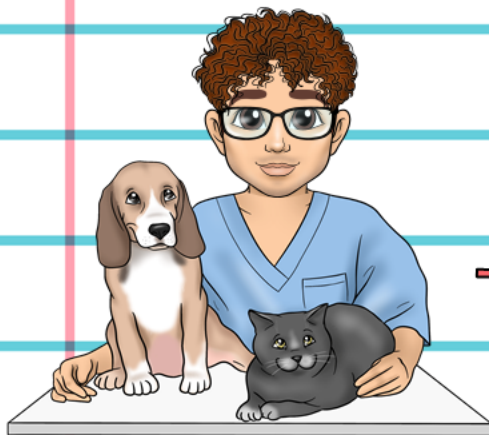
PLAY GAMES



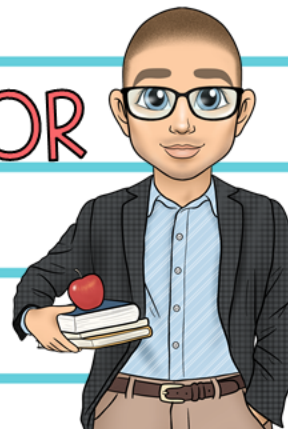
CLEAN UP YOUR
COMMUNITY



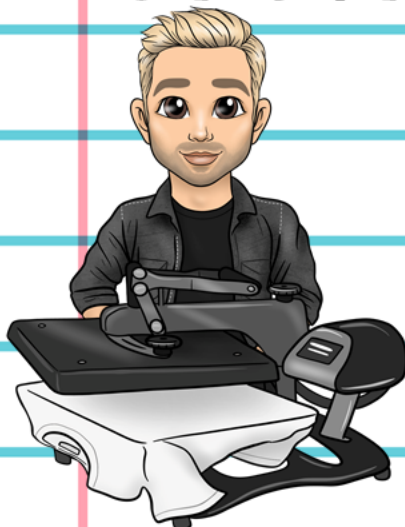
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TUTOR



VOLUNTEER



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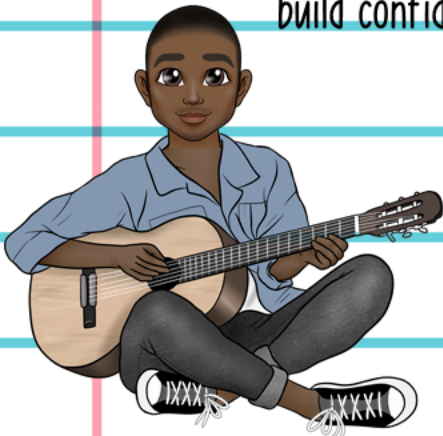
GO
OUTDOORS



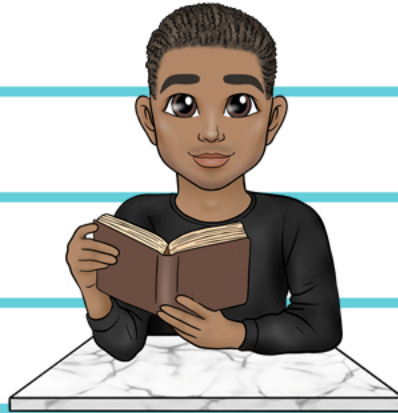
START A
HOBBY

ACTIVITIES

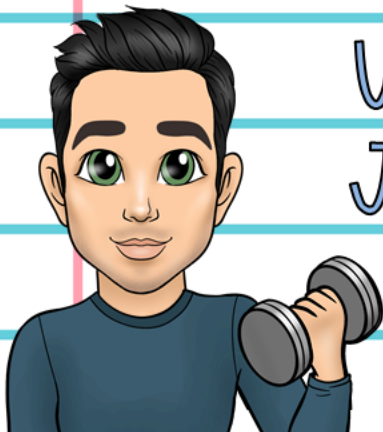
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PLAY AN
INSTRUMENT



READ A BOOK



EXCERSIZE

WRITE/
JOUNRAL



JOIN A
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START A PODCAST



GO HIKING

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THE ONE-UPPER

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

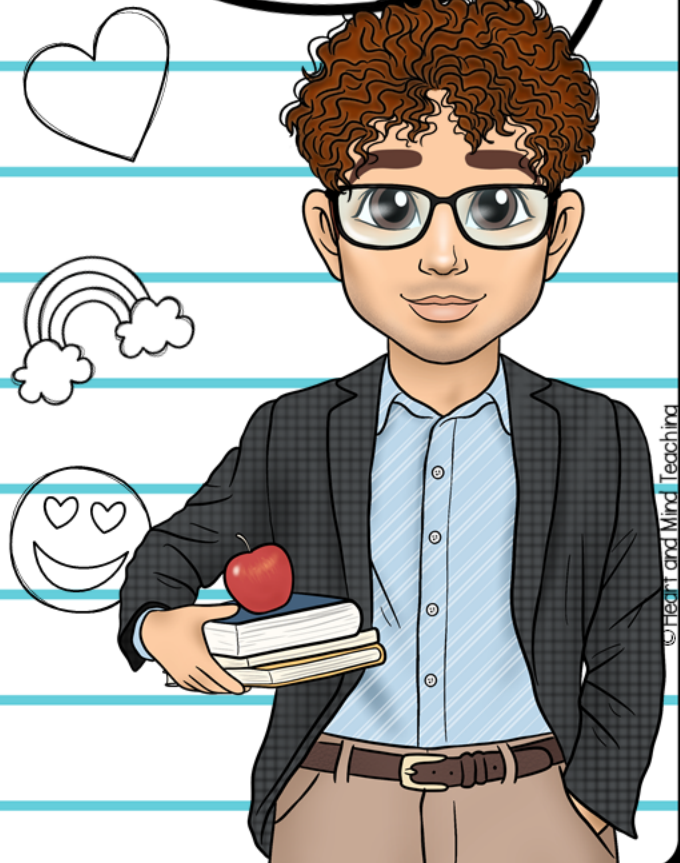
Go outdoors.
Play a sport.
Play an instrument.
Write/journal.
Start a business.
Volunteer/help others.
Go Hiking.
Exercise/Work out.
Join a team/club.
Start a podcast.
Paint, draw, create art.
Start a YouTube Channel.
Clean up your community.
Bake/Cook.
Read a book/blog.

Tutor.

Play games.

Start a hobby.

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



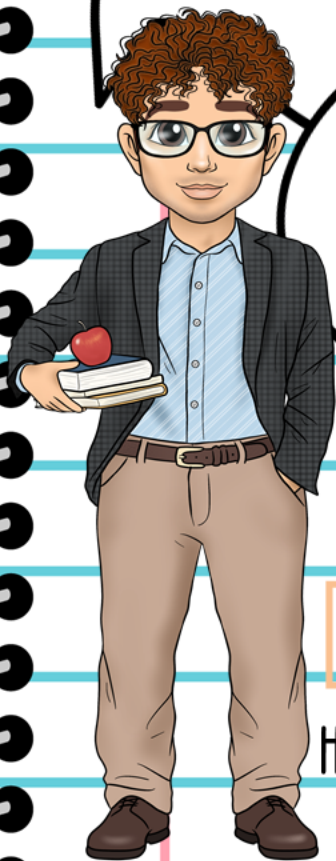
THE ONE-UPPER

Situation: Your friend tells you he won an award.

"I won an even better award."

Change Ben's mean response to something kind.

Challenge: How can you make someone feel good about themselves?



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 ONE-UPPER

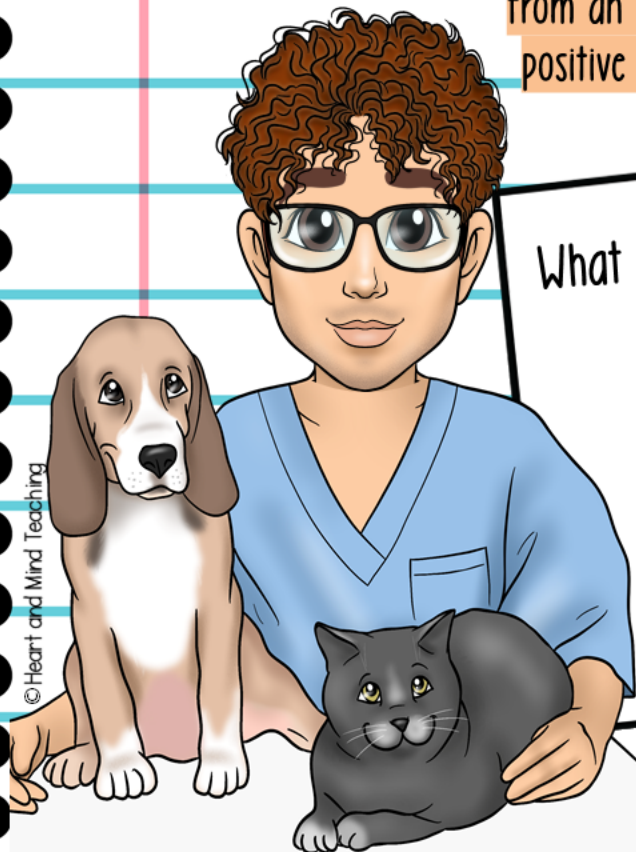
EX-MEAN GUY BEN

I channeled my energy into volunteering and helping animals at the local animal shelter. The animals there need me and make me feel important. I have learned the value of compassion over competition.



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 Teaching

THE VOLUNTEER

KIND GUYS

I can be a kind guy by:



© Heart and Mind Teaching

choose
Kind

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

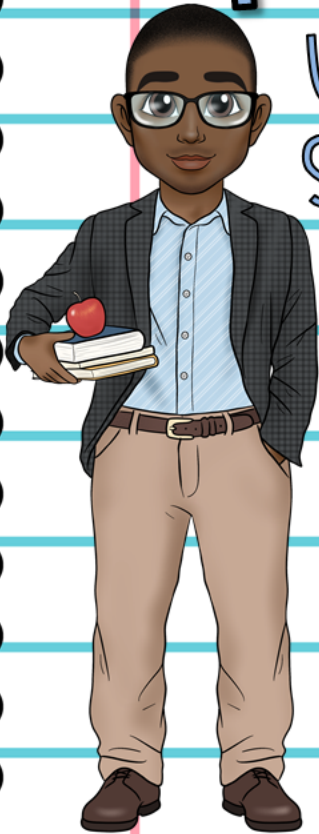
Be honest and kind to
everyone—even when
upset

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



Rollled 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:

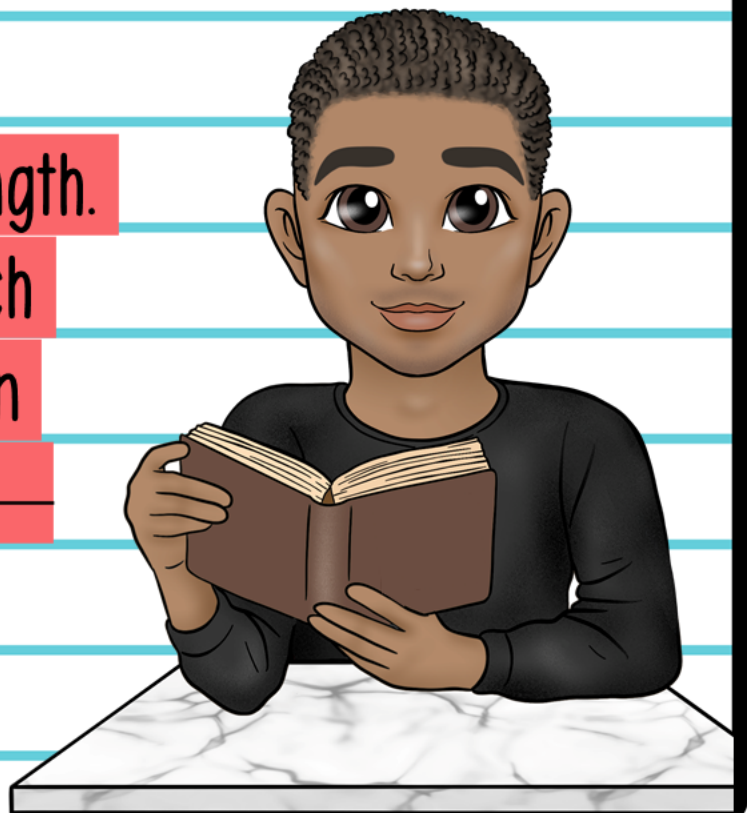
One thing I will stop doing:

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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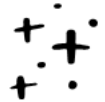
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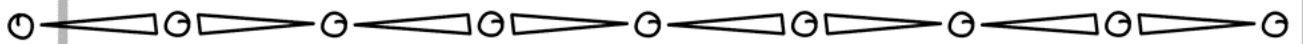
MEAN GUYS

Your Name: _____



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TYPES OF MEAN GUYS



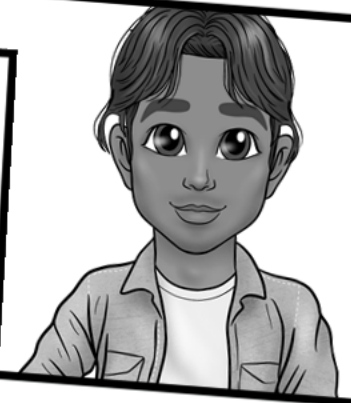
THE EXCLUDER

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



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



THE HOT-HEADED

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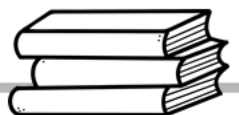
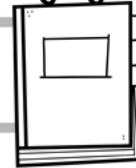
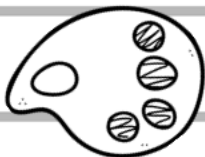
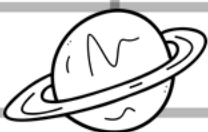
"Mean guy behavior ruins trust, damages confidence, and makes school feel unsafe. Even if it seems like 'just a joke' or 'not a big deal,' it can stay with someone for a long time."

Sometimes they feel:

- ♡ Insecure
- ♡ Jealous
- ♡ Left out
- ♡ Pressured to 'fit in' or be part of the group
- ♡ Need control to feel important

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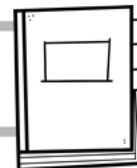
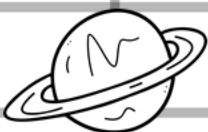


TRAITS: Competitive, brags, always has a "better" story.

TACTICS: Interrupts, turns the attention on himself, tries to outdo others in games, stories, and jokes.

WHY HE DOES IT: He wants to feel important or likes, may feel insecure or jealous, craves acceptance.

IMPACT: Makes others feel unheard or unimportant. Causes frustration or resentment, and for others to stop sharing.



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What he might say or do:
Write 1–2 examples of how this
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How this behavior makes others
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Sad Left out Angry

Confused Hurt Worried

What could be going on in
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MEAN GUYS

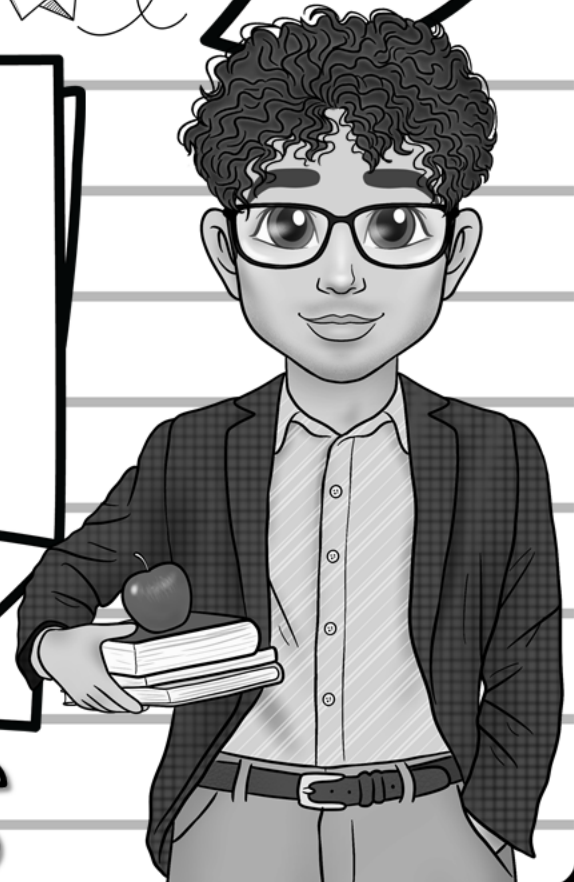
THE ONE-UPPER

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MEAN GUYS

THE ONE-UPPER

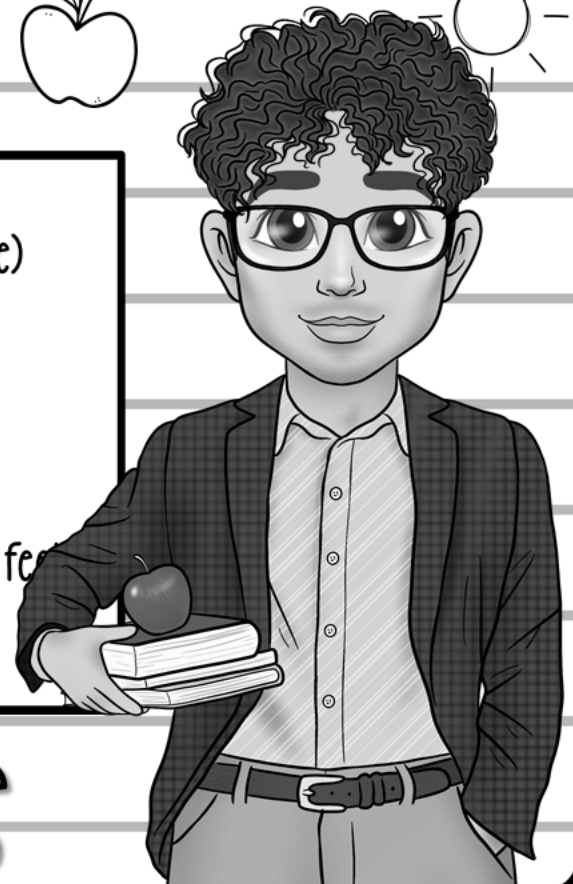
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PLAY GAMES



CLEAN UP YOUR
COMMUNITY



JOIN A
CLUB



VOLUNTEER

TUTOR



START A BUSINESS



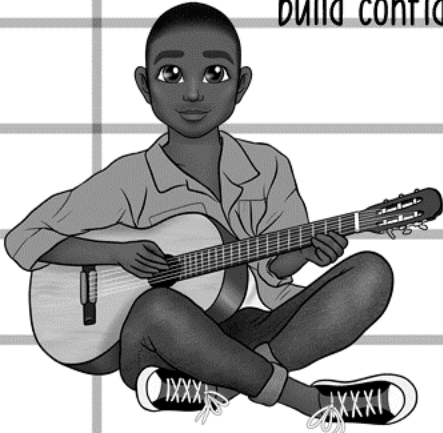
GO
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START A
HOBBY

ACTIVITIES

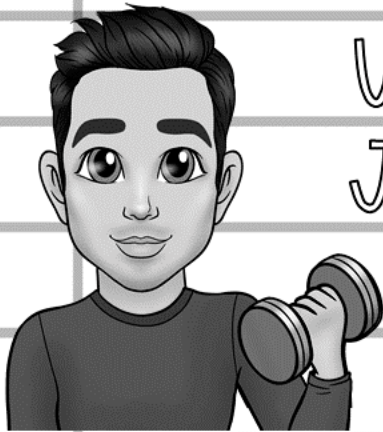
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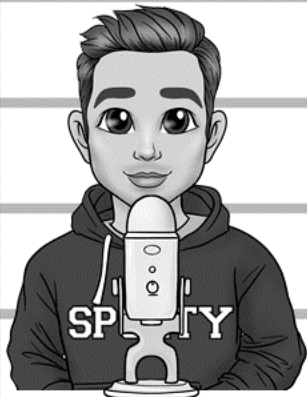


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WRITE/
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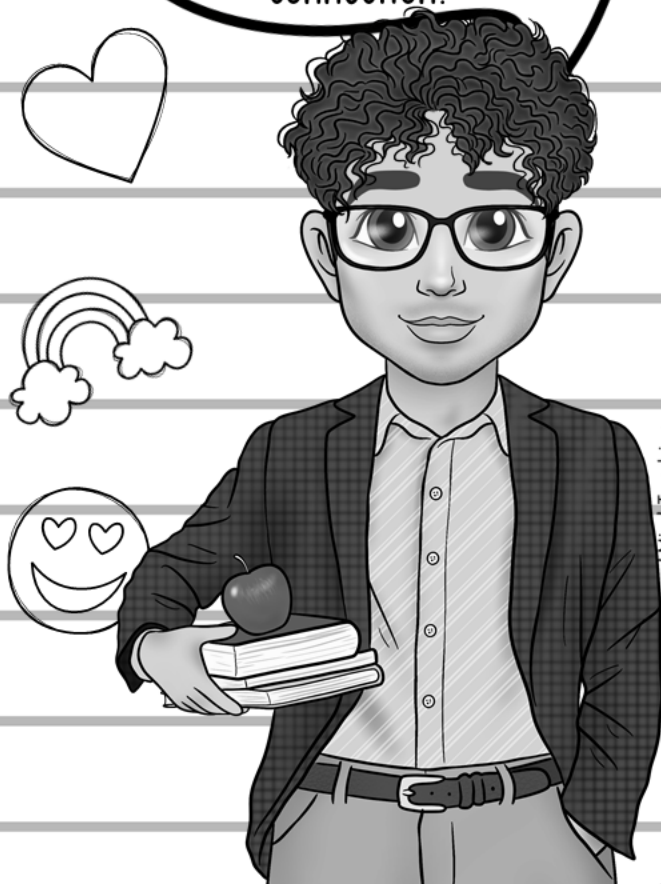
Go outdoors.
Play a sport.
Play an instrument.
Write/journal.
Start a business.
Volunteer/help others.
Go Hiking.
Exercise/Work out.
Join a team/club.
Start a podcast.
Paint, draw, create art.
Start a YouTube Channel.
Clean up your community.
Bake/Cook.
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Situation: Your friend tells you he won an award.

"I won an even better award."

Change Ben's mean response to something kind.

Challenge: How can you make someone feel good about themselves?



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 ONE-UPPER

EX-MEAN GUY BEN

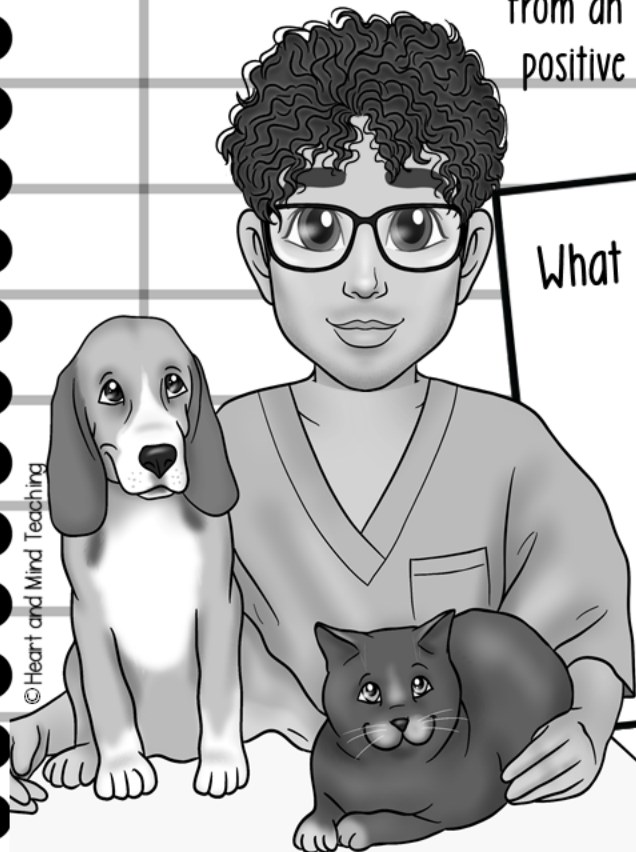
I channeled my energy into volunteering and helping animals at the local animal shelter. The animals there need me and make me feel important. I have learned the value of compassion over competition.



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?

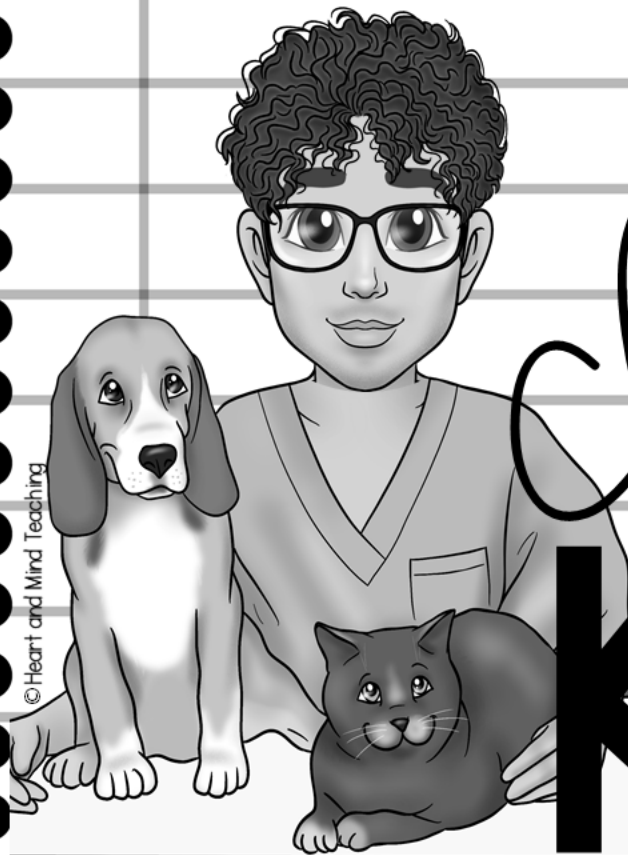
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THE VOLUNTEER

KIND GUYS

I can be a kind guy by:



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choose
Kind

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:

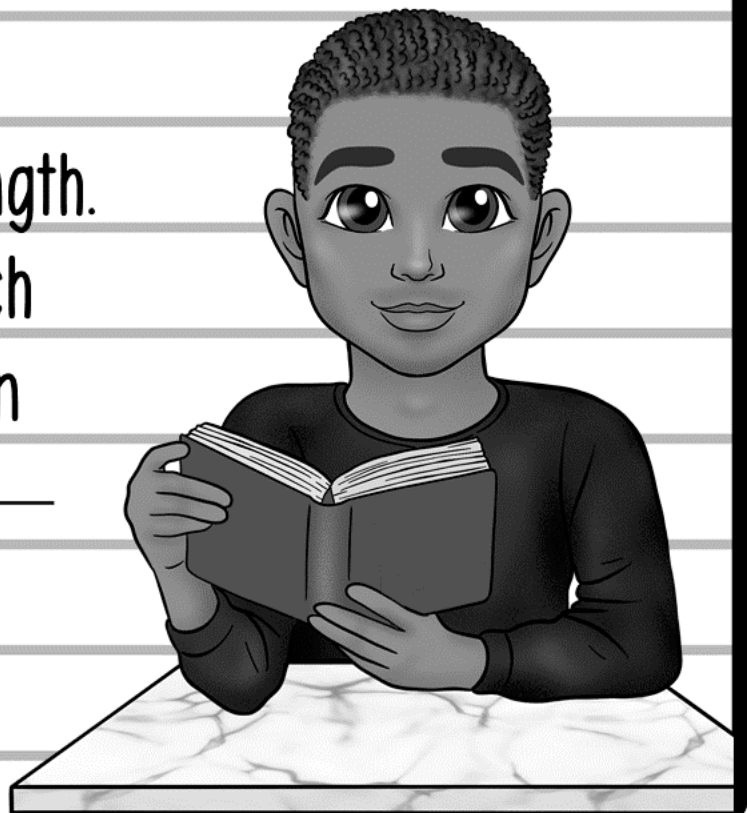
One thing I will stop doing:

One kind thing I can say to someone this week:

One way I'll help someone feel included:

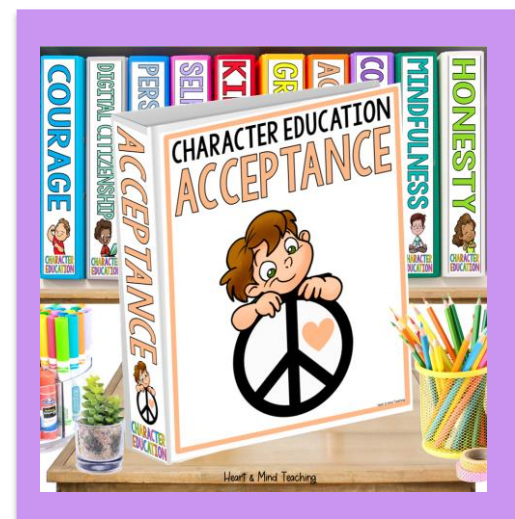
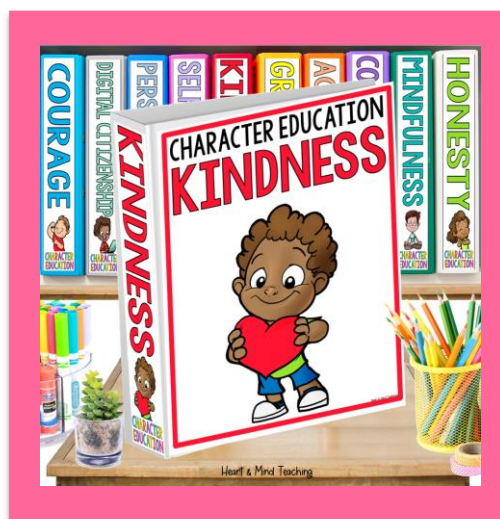
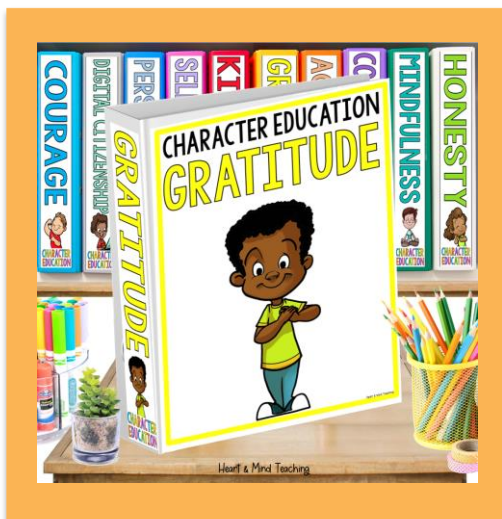
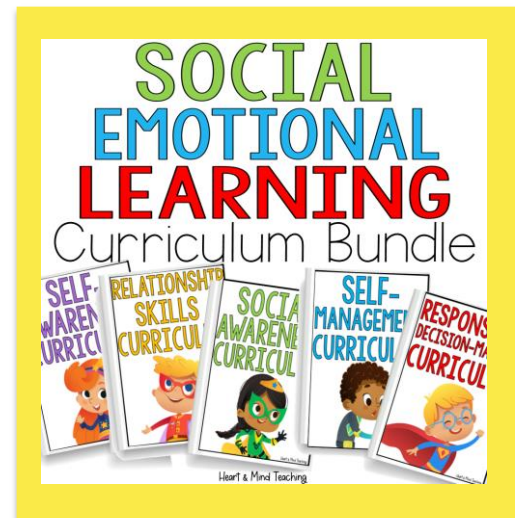
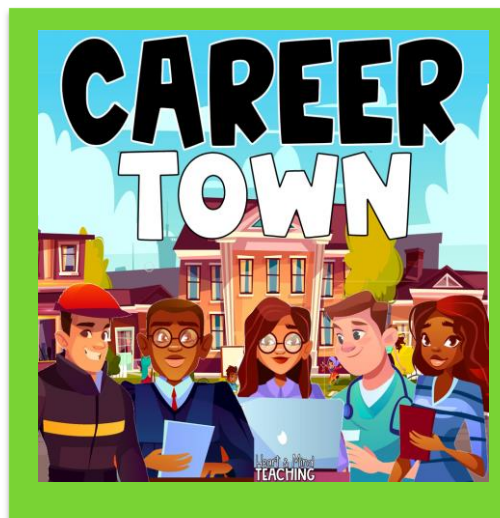
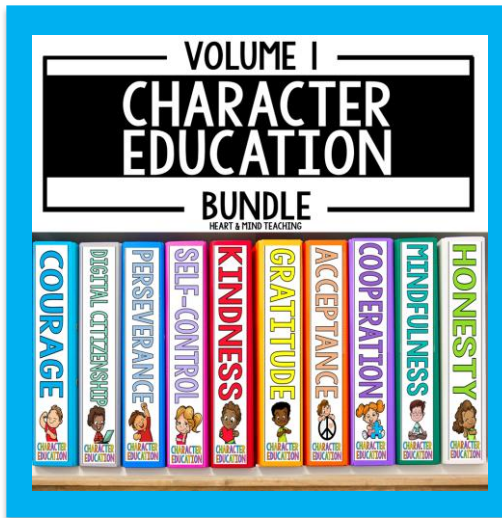
Kindness takes strength.

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!

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- ♥ Tier 1, 2, and 3 research-based resources.
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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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heartandmindteaching@gmail.com

CREDITS

