

Home Link



Name: _____

You are a famous detective, hired to catch people who are giving “put-ups.” A put-up is a positive statement about someone. It’s the opposite of a put-down, which happens when people say things to humiliate others or hurt their feelings. Put-downs can make you feel unimportant, small, bad, or even angry.

With the help of an adult family member, keep a careful watch for any positive statements or put-ups you hear this week. They can be from anywhere—TV programs, at the grocery store, between siblings and other relatives, or between friends. Write them down. See how many put-ups you and your adult can find by the end of the week.

Put-Up List

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

This homework assignment was completed on _____	_____
(DATE)	(ADULT SIGNATURE)