

# THE I HATE WENDY CLUB

Story, Lessons, and Activities on Relational Aggression  
Grades 2-5



WRITTEN BY  
**Debra Wosnik**

ILLUSTRATED BY  
Jeffrey Zwartjes

## DEDICATION

To my sister Wendy, a remarkable woman!  
I don't know what my life would be like without her.  
I am glad to include her in everything.



### THE I HATE WENDY CLUB

10-DIGIT ISBN: 1-57543-153-X

13-DIGIT ISBN: 978-1-57543-153-6

COPYRIGHT © 2007 MAR\*CO PRODUCTS, INC

Published by mar\*co products, inc.

1443 Old York Road

Warminster, PA 18974

1-800-448-2197

[www.marcoproducts.com](http://www.marcoproducts.com)

**PERMISSION TO REPRODUCE:** The purchaser may reproduce the story and activity sheets, free and without special permission, for participant use for a particular group or class. Reproduction of these materials for an entire school system is forbidden.

All rights reserved. Except as provided above, no part of this book may be reproduced or transmitted in whole or in part in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system without permission in writing by the publisher.

PRINTED IN THE U.S.A.

# Contents

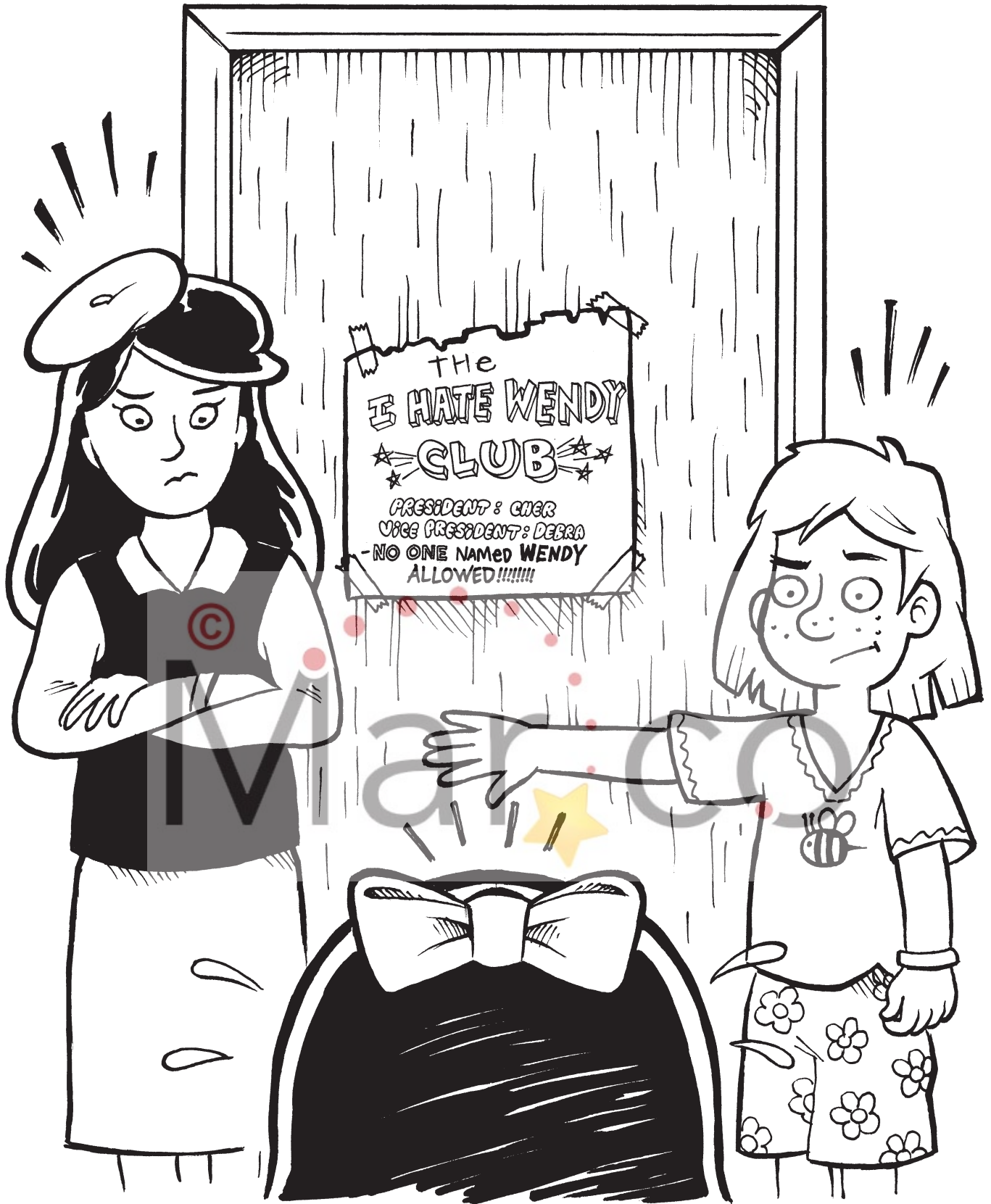
<b>Introduction.....</b>	<b>4</b>
Pre-Test.....	6
Post-Test.....	7
<b>The I Hate Wendy Club Story .....</b>	<b>9</b>
<b>Lessons .....</b>	<b>33</b>
Lesson 1: The I Hate Wendy Club .....	34
Poster Activity Sheet.....	37
Lesson 2: Welcome To Our school .....	38
Lesson 3: Draw You In To Make 10.....	40
Friends Activity Sheet .....	42
Lesson 4: You Be The Judge .....	43
Lesson 5: The Yacht Club .....	48
<b>Supplementary Activities.....</b>	<b>51</b>
Supplementary Activities Instructions.....	52
Friendly Food .....	58
Include/Exclude.....	60
The Gossip Guarantee.....	61
Snowflakes.....	62
Invisible Ink Club .....	63
Parade.....	64
Excluding/Including Vowels.....	65
Compare And Contrast Letter .....	66
Invitations.....	67
What Is Wendy's Talent?.....	70
Get The Bugs Into The Jar.....	71
Find Wendy's Hidden Talents.....	72
EXs And INs.....	73
Bug Friends.....	74
My Secret Club Message.....	75
How Many Words Can You Make? .....	76
Make A Case For Your Friend .....	77
Coloring Pages.....	78
Friends First Certificate.....	83
Everyone Is Better Than Only A Few .....	84
Relational Aggression Word Search .....	85
Relational Aggression Crossword Puzzle .....	86
<b>About The Author .....</b>	<b>88</b>

# Introduction

This program includes an original story and series of lessons and supplementary activities that teach and reinforce the concept of *relational aggression*. The story is about a little girl and her sisters, who start a club they won't allow her to join. When the girls' mother finds out about the club, she explains *relational aggression* to her older daughters. The girls decide that including everyone is more fun than leaving anyone out. They learn to understand what it feels like to be excluded.

Follow-up lessons are included for use when presenting the story (pages 9-32). The follow-up lessons include:

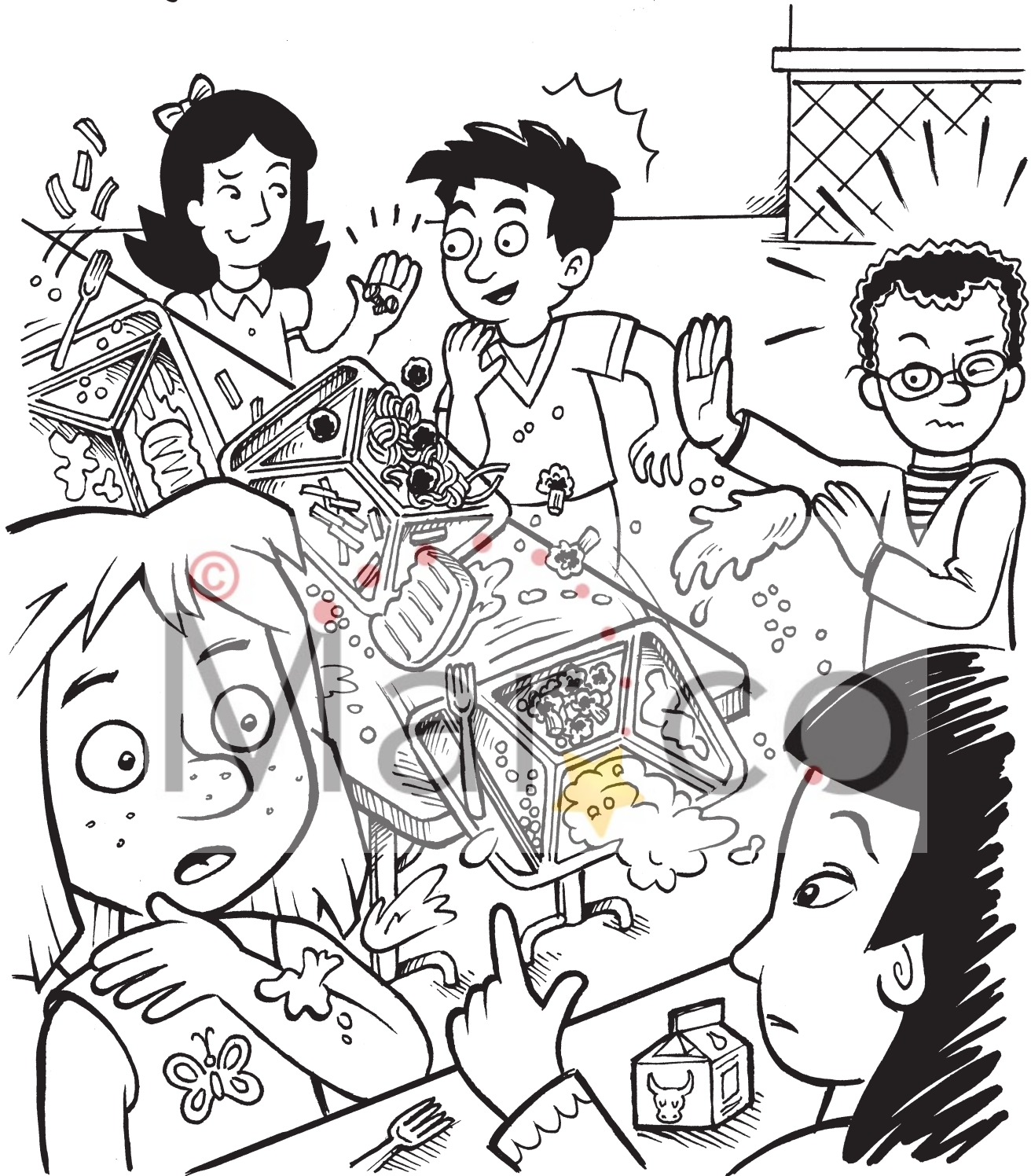
- ***The I Hate Wendy Club:*** This lesson teaches children to write rules for a club that includes everyone. It corresponds to the story and gives the students an opportunity to brainstorm ways to include others and create colorful posters that invite everyone to join their club.
- ***Welcome To Our School:*** This lesson reminds me of the neighborhood Welcome Wagon®. Students fill bags with useful items for students new to the school. The welcoming students participate in every aspect of the activity, from planning which items to include to decorating and delivering the bags. Children love to help newcomers, and this lesson reinforces the importance of including others and making a fresh start by not gossiping.
- ***Draw You In To Make 10:*** This lesson uses math manipulatives to count out the factors of 10. The T-shirts illustrate how each friend brings something different to a group. Because each student draws a number on the blank T-shirt to make all the numbers on all three shirts add up to 10, this lesson is a great math review. It also showcases individual talents.
- ***You Be The Judge:*** Using big numbered cards like Olympic judges use to rate athletes' performances, each student votes for the best answer to each question about *relational aggression*. After the leader reads the description of each problem, each student holds up the card whose number corresponds to the answer he/she would choose. The fact that there are several right answers to each question encourages discussion of this important topic.
- ***The Yacht Club:*** Homemade walnut-shell boats are an essential part of this fun lesson. A student earns a turn to race one of the little boats when the club president calls that student's number or color. This activity provides an important learning experience on *exclusion*. It also gives the students an opportunity to talk about feelings and make changes in the structure of the club.



I don't remember why we started **The I Hate Wendy Club**. Maybe it was because Wendy lifted my friend Gerald over the door of the room where balls were stored and all the balls fell on his head.



Or because of the time she unscrewed the bolts under the cafeteria tables and all the lunch trays started to slide down toward my friends and me.



For some reason or other, The I Hate Wendy Club was born one day. My older sister Cher and I made a handwritten poster on paper and taped it to our bedroom door. It announced that we had formed The I Hate Wendy Club.





Mom explained how it feels to be **excluded**. That was a big word, but I remember the feeling...



Or when girls you thought were your friends don't want to sit with you at lunch.





# LESSON 1

## The I Hate Wendy Club

### Goals:

- To introduce the concept of *relational aggression* and help students understand that hurting feelings harms friendships
- To help students understand that excluding friends causes hard feelings
- To help students recognize that including everyone adds fun to any group
- To encourage students to look for the good qualities in friends and refrain from gossip

### Materials Needed:

For the leader:

- Copy of *The I Hate Wendy Club* poster (page 37)
- Whiteboard and marker or chalkboard and chalk

For each student or group:

- Copy of *The I Hate Wendy Club* poster (pages 37)
- Paper
- Pencil
- Crayons



### Lesson Preparation:

Draw the entire *I Hate Wendy Club* poster (page 37) on the board. Reproduce a copy of the poster (page 37) for each student group or student.

### Lesson:

Introduce the lesson by saying:

*Everyone loves to belong to a club. When I was small, I belonged to \_\_\_\_\_  
\_\_\_\_\_ (Girl Scouts, Brownies, Big Brothers, etc.). We did fun things. We  
helped people. One time, we (SOMETHING FUN YOU DID AS A CHILD AS A MEMBER  
OF A CLUB).*

## LESSON 4

# You Be The Judge

### Goals:

- To help students discover several ways to handle being excluded
- To help students develop strategies to use with friends
- To help students address gossiping

### Materials Needed:

For the leader:

- Black marker

For each student:

- 4 pieces of tagboard numbered 1, 2, 3, and 4
- Plastic binder (optional)



### Lesson Preparation:

Write the numbers 1, 2, 3, and 4 on the tagboard in very large print. Write one number on each piece of tagboard. Make a set of numbers for each participating student.

### Lesson:

Distribute four pieces of tagboard to each student. Have the students lay the pieces of tagboard out on their desks or bind them so that as you read each problem, they can flip to the number they choose.

Introduce the lesson by saying:

*Look inside your desks and find your crayons. Look at the box and find the word non-toxic. What does that word mean? Right. It means it can't hurt you. What do you think toxic would mean? Oh, yes, something that is toxic could hurt you. Can friends sometimes hurt you?*

# The Gossip Guarantee

Name \_\_\_\_\_

**Directions:** Look at the characters in each cartoon panel. They are gossiping. Write a sentence to show what the characters in the first panel are saying. In the second panel, write the sentence you wrote in the first panel, but change one word. Change one word in the sentence for each panel until you reach the end. Then compare the sentences in the first and last panels.



## **The Gossip Guarantee:**

Every time something is repeated, it changes in some way. Sometimes the words change. Sometimes the change is in the speaker's tone of voice or intent. Ask a grown-up about *gossip*. Does it go away when you are older? Ask how to guard against gossip. Gossiping is a waste of time and hurtful.

# Lunchtime Isn't Fun For Everyone

Name \_\_\_\_\_

**Directions:** Find the person or persons being left out. Use your blue crayon to color the person or persons being excluded. Use your yellow crayon to color the persons being included.

