Putting Down and Building Up

Directions: For both sections below, list examples of put-downs and build-ups.

Put-downs
Example: Telling my little brother, "You're such a baby!"

1. ___________________________________

2. ___________________________________

3. ___________________________________

4. ___________________________________

5. ___________________________________

Build-ups
Example: Complimenting a friend in front of someone else.

1. ___________________________________

2. ___________________________________

3. ___________________________________

4. ___________________________________

5. ___________________________________