

Kind and Caring Kids: Bullying



KC Koala

(Just a reminder: a koala is not a bear. It is a marsupial. ☺)

Bold Text: suggested words to say to teach lesson
Italics: suggested actions to take
(Parenthesis): background information or suggested answers

Important Background Information

The lessons on bullying from preschool through grade five are part of a *process* to teach children how to be Kind and Caring Kids. It is called the A+ Way. The A+ Way addresses three areas: Behavior, Prevention, and Response.

- ✓ Behavior: How *not to be* a bully
 - Act Kind and Caring.

- ✓ Prevention: How to *prevent* a bullying situation
 - Alert yourself to what is going on around you. Are there possible problems ahead?
 - Avoid potential bullying situations if possible.

- ✓ Response: How to *respond* if you encounter a bullying situation
 - Assert yourself with strong, but non-violent, words and bodies.
 - Act (Be Kind and Caring. Use a Refusal Skill)
 - Ask for help.

The lesson in this grade addresses only part of the process. You may wish to include the other parts with your students.

Please focus on the positive concepts of being kind and caring, instead of the negative aspects of the word *bully* or the *act of bullying*.

It is not necessary to use the term *bully*, as it is best to try to avoid labeling children. Instead, discuss characteristics and situations.

Activities at the end of each section reinforce the lesson. Additional concepts included in the bullying process are friendship skills, tolerance, and conflict resolution. These are addressed in the other Kind and Caring lessons.

★ Praise and/or reward acts of kindness that your students display.

★ Encourage tolerance and acceptance of others.

★ Model this behavior yourself.

★ **It is important to establish a Kind and Caring environment in your classroom! Bullying cannot be eliminated in just a few lessons! There should be a school-wide approach.**

It is recommended that the Kind and Caring: General lesson be taught before this section.

Materials Needed for Lessons

- Charlie Check-First poster
- KC Koala poster
- *Toys* poster
- A decorated box or bag to be your Safety Toy Box
- Assorted objects to put in Toy Box (some that represent the items on the poster [lesson topics] and some that do not)
- *Safety Kids Songs* (optional)
- Letter to the Parents/Guardian (Appendix)

Objectives for Students

- State the slogan, “Kind and Caring is the way to be.”
- Identify one quality of a Kind and Caring Kid.
- State a positive way to respond if someone is not kind and caring.
- Demonstrate how acting kind and caring works in a bully situation.

Review of General Lesson or Past Lessons

Decide which topics you plan to teach for your session and put objects representing those topics in your Safety Toy Box before you begin.

Using the Toys poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure.

Always start with a review of the Check First concept! Recite Charlie’s rule.

Show KC Koala poster. Recite and review KC’s motto.

Review concepts from any lessons previously taught. Point out the items on the poster that represent the concepts covered.

Lesson

Prop



Describe KC Koala and have someone point to her on the poster.

I think you have all met KC Koala. She is Charlie Check-First's best friend and she is very special. Ask a student to find the KC Koala poster in your Safety Toy Box.

Just by looking at her, what do you think is special about KC Koala? Get some responses.

KC Koala is very Kind and Caring. Her initials (KC) stand for *Kind* and *Caring*. Do you know what it means to be kind? Allow time for many examples or answers.

What does *caring* mean? Get responses.

Would you all like to be a part of the Kind and Caring Kids Club? Pause. Did you say yes? Great! As a part of KC's team, you need to remember KC's safety slogan.

KC always says, "Kind and Caring is the way to be!"

Repeat that with me. Have students repeat the slogan along with you.

I could not hear you. What did you say? Tell me in a strong voice. Students repeat slogan a little bit stronger. Kind and Caring is the way to be!

I know you can do better than that. Tell me again. Students repeat slogan again. Kind and Caring is the way to be! Great.

In our other lesson we talked about times when you were Kind and Caring to someone. Can you think of a time you were kind and caring? Discuss.

Tell me about a time when someone hurt your feelings or was not Kind and Caring to you? Get a few responses. What did you do? Get a few responses.

One good way to act if someone is mean to you is to be nice back. I know that seems like a hard thing to do. But instead of getting mad, hitting, yelling, or being mean, try to be nice. Draw the letter A on the board.

This is the letter A. It helps us remember how to be a Kind and Caring Kid. We call it the A+ Way. Write A+ on the board.

Our first A stands for the word Act. You should *act* Kind and Caring. A smile and friendliness can often help the situation and make it better.

Let's practice doing this.

Assign children to a partner. Explain the scenarios listed below one at a time and have the children role play being Kind and Caring. (Students may use their own words to explain their feelings. If this does not work in pairs, select two student to act it out as an example for everyone else.)

Do you know what the word *Avoid* means? Point to the A + again. Explain that the word avoid starts with the letter A. It means to go away from the situation if you know that something may happen that might hurt you.

Scenarios

Let's pretend that you are on the playground and another child comes up to you and pushes you and then pushes you again. How do you feel? How could you act instead of pushing back? *Discuss.*

Let's pretend that Mark is teasing someone else in your class. You want to stick up for your friend. It is not Kind and Caring for you to make fun back at Mark. What could you say to Mark? How would you act? *Discuss.*

If there is broken glass on the floor you go away from it, so that you do not get hurt. If there is a fire, you go away from it. If you know that another child is going to push you and throw toys at you, it is best not to go near that person. Go somewhere else if you can.

Discuss types of situations that could be avoided. Role-play is an effective tool.

Scenarios

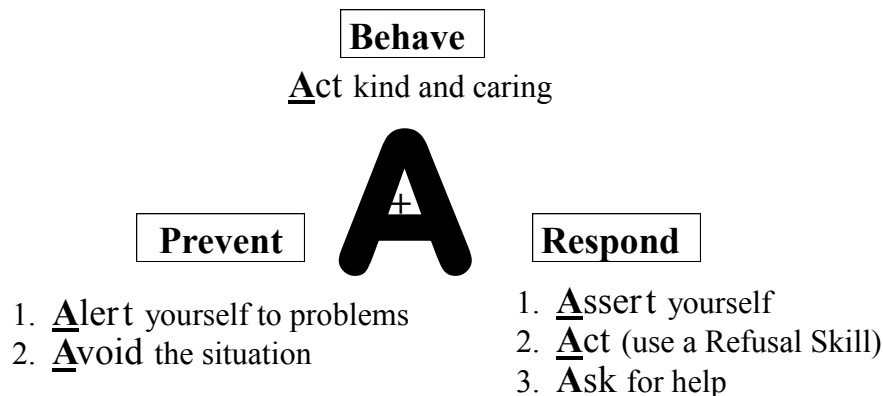
The little girl who lives next door to you likes to say bad things about you and make you sad or cry. You are in your back yard playing on your swings. She asks you to come over in her yard to play. Is this a good idea? What should you do? *Discuss.*

If *Acting* Kind and Caring does not work for you, and *Avoiding* the situation does not work, you may have to go on to another A+ Way: Ask for help.

This does not mean you are to be a tattle-tale and tell on everyone all of the time. Before you tell the teacher or your parent or someone else, you should try to work it out by being Kind and Caring to the person. But if that does not work, it's OK to ASK for help.

You would like to play with the blocks. But you see that Thomas is by the blocks and he usually is not very nice to you. You start to go there and he gives you a very mean look and holds up his fist. Should you go over and try to play with the blocks? What is the best thing to do? *Discuss.*

(If you feel your children can handle more, you may want to include some of the other A+ Ways from the diagram below in your discussion. You may want to have them draw pictures to depict all of the ways.)



Closure

Remember, you should try to be a Kind and Caring Kid toward others all of the time. It is sometimes hard, but really try to be nice and kind when someone else is mean to you. It is better to do that than to have hard feelings and get mad and maybe hurt someone.

What does KC say? *Allow time for students to repeat the slogan.* **Kind and Caring is the way to be!**

Use the Safety Kids Songs CD to reinforce safety rules. Choose one or more of the activities from the following pages. **Be a Safety Kid!**



Reinforcement Activities

Songs

Sing songs using the *Safety Kids Songs*. Words are included in the appendix. Children love the repetition of the words, and the songs help them remember the rules.



Materials needed: *Safety Kids Songs*

STOP signs

Students cut out a hexagon shape from red construction paper and attach to a tongue depressor or popsicle stick. Write STOP on the hexagon shape with white crayon, chalk or paint. Students use the STOP signs to practice one way to avoid a bullying situation or person. They may use these signs during role-play of different bullying situations.



Materials: STOP pattern, red or white construction paper, crayons, markers, or paints, tongue depressors or popsicle sticks, tape

ISPY

Stress how students are to be Alert and “wise with their eyes” in order to avoid a bullying situation or person. Practice being alert by playing this game. One student is the spy and thinks of something in the classroom. He or she says, “I spy with my wise eye an object that is _____ (name of a color). Other students try to guess the object. The game can be played indoors or outdoors.



Materials: None

Leader, May I?

Children practice the importance of *asking* and *stopping* by playing the game in a similar fashion to “Mother, May I?” One child is the Leader. Other children ask if they can take steps toward him or her. The Leader chooses to say, “Yes, you may” or “STOP, you may not.” The Leader then watches carefully to catch those who are trying to go against those commands and sneak forward.



Materials needed: none

STOP Pattern

