

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.

- ✓ **Behave:** How *not to be* a bully
 - **Act** Kind and Caring.
- ✓ **Prevent:** 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.
- ✓ **Respond:** 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.

★ 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.

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

★ Encourage tolerance and acceptance of others.

★ Model this behavior yourself.

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

Materials Needed for Lesson

- Charlie Check-First poster
- KC Koala poster
- *Bubbles* poster
- Charlie Check-First safety bubble card
- KC Koala safety bubble card (and any other topics you plan to cover)
- A+ Way poster
- *Safety Kids Songs* (optional)
- Letter to the Parents/Guardian (Appendix)

Objectives for Students

- State the slogan, “Kind and Caring is the way to be.”
- Describe a quality of a Kind and Caring Kid.
- Name a positive way to act so as not to be a bully.
- Explain one way to prevent a bullying situation.
- Demonstrate the STOP procedure as a response to unkind treatment by others.

Review of Introduction or Past Lesson

Decide which topics you plan to teach for your session and put those corresponding safety bubble cards inside the poster pocket before you begin.

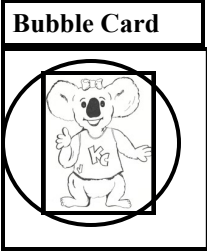
Always start with a review of the Check First concept!

Using the Bubbles poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure. As you introduce a topic, a student (or teacher) removes and displays the safety bubble card from inside the pocket.

☆☆☆ A few lessons will NOT teach students how to not be a bully and/or how to properly respond to one! It is important to:

1. Role play situations.
2. Reinforce concepts daily.
3. Stress Kind and Caring behavior.
4. Set standards and acceptable practices.
5. Follow through with consequences.

Lesson



Do you remember Charlie Check-First’s friend? What is her name? (KC Koala) *Remove the safety bubble card from the poster pocket or show the KC Koala picture. See the Introduction for more details on how to use the poster.*

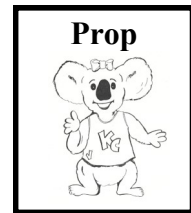
What do you think makes KC special? *Get responses.*

KC Koala is very Kind and Caring. What does it mean to be kind? *Allow for several responses.*

What does it mean to be caring? *Allow for several responses.*

Would you all like to be a part of the Kind and Caring Kids Club? The slogan is: Kind and Caring is the way to be!

Repeat that slogan after me. Kind and Caring is the way to be! *Hold up KC Koala as the students repeat the slogan. Say it in different ways: chant, sing, rap, whisper.*

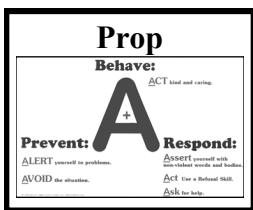


I could not hear you. Say it again with very strong voices. *Students repeat the slogan again. Kind and Caring is the way to be!*

BEHAVE

Can you tell me about a time that you were Kind and Caring to someone? *Allow for several responses.*

Tell me about a time when someone hurt your feelings or was not Kind and Caring to you? *Allow for several responses. How did you feel? Discuss.*



Show the A+ Way chart and explain the A shape. The A+ Way can help you in many ways.

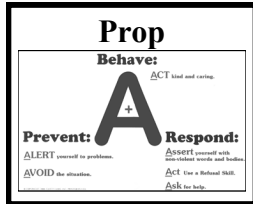
Point to the word Behave and discuss what it means. (how you act, what you say and do)

Point to the words “Act Kind and Caring” under Behave.

The first A+ Way is Act. Act Kind and Caring towards others. Make sure that you are not the one who is hurting someone’s feelings or being mean. *Discuss ways that they should act in order to be a Kind and Caring Kid.*

PREVENT

Sometimes things happen and you have no control over them. Other times you may be able to *prevent* things, or stop something from happening in the first place. *Point to the word Prevent.*



There are several A+ Ways to prevent a situation from happening. *Point to the word Alert on the poster.*

Today we will discuss the A+ Way: Alert. Alert yourself to what is going on around you. Pay attention to the people and things around you.

If there is someone sitting on the swing who is always mean to you and teases you, should you walk over to the swings? What should you say? What should you do? *Get responses from the class.* If you pay attention and know that the kid who always bothers you is at the swing, you can be prepared for the situation. *Discuss.*

RESPONSE

If you do go over to the swing and that person starts to bother you and be mean to you, you use the next A+ Way: Assert. Assert yourself with words. *Point to that word on the poster.*

That means, be strong and use a strong body and words to let that person know you do not like it. *Point to the word Assert on the poster.*

You need to be strong in a non-violent way. You shouldn't be mean or nasty to the person, just strong in what you say and do.

Ask all of the children to stand up. Let's practice saying STOP. Hold your hand up in front of you to signal stop.

Say, "Stop! I don't like what you are doing."

Now turn around and walk away. *Demonstrate the signal, words, and action to walk away.*

Let's try that with strong voices. *Have the children stand up, use the hand signal and words, and turn around as if to walk away.*

Is this my strong voice? In a high-pitched, squeaky voice say, "Stop! I don't like what you are doing."

Now is this my strong voice? Say it again in a very assertive tone.

Kind and Caring Kids: Bullying

OK, let's try again. *Have students repeat, "STOP, I don't like what you are doing!" Explain the difference between strong and loud.*

Great! I hear some very strong voices. I want you to try something else, too. Not only do we need strong voices, but we also need strong bodies.

Look the person right in the eyes, keep your shoulders back, and stand strong with both feet planted firmly on the ground. *Model strong body posture for the students. Ask a student to also demonstrate this posture.*

I need a volunteer to try the strong voice and strong body together.

Get someone to stand up and demonstrate what to say and do.

Sometimes we may be the person who is not Kind and Caring. And when someone asks us to stop, we need to know how to quit doing whatever it is that is not Kind and Caring. We need to practice *stopping!*

Has anyone ever played *Freeze* or *Freeze Tag*? *Depending upon the space, you may want to have the whole class or only a few volunteers participate.*

When you freeze, you stop what you are doing. Today we are going to play *STOP*. When I say *STOP*, you need to stop whatever you are doing.

Have the children stand up. Walk around. Wait a few seconds. STOP! Use hand signal for STOP. No one moves. OK, walk again. Wait a few seconds. STOP! Use hand signal for STOP. Great! Everyone stopped.

Who would like to help me out by saying STOP? *Select a student to be the leader and say STOP and use the hand signal. Continue the game as long as time or interest allows and use different students to practice saying STOP.*

Another way to respond to someone who is unkind is to Act kind back to the person. *Point to the word Act on the poster.*

Instead of getting mad or being mean back, try being nice. Sometimes a smile or kind word can solve a lot of problems.

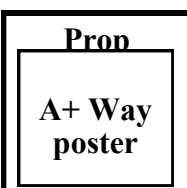
The A+ Way can really help you handle situations that involve kids who are mean or unkind to you. *Review each of the A+ Ways talked about today as you point to the chart.*

What is KC Koala's favorite slogan? Say it with me. Kind and Caring is the way to be!

Role play different situations and let them choose an A+ Way to follow.

Use the Safety Kids Songs CD to reinforce safety rules. Choose one or more of the Reinforcement Activities on the following pages.

Be a Safety Kid!





Reinforcement Activities



Songs

Sing songs using the *Safety Kids Music*. 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, along with the STOP slogan and actions, 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



Kind and Caring Poster or Banner

Students create banners or large posters that designate:

1. Your classroom is a Kind and Caring Classroom.
2. The A+ Way for bullying situation (Act Kind and Caring, Alert yourself to possible problems, Avoid problem situations, Assert yourself with non-violent words and bodies, Act (use a Refusal Skill), Ask for help.)

Materials: Large poster board, markers, paints, miscellaneous art supplies



The A+ Spots

This game is done *without* talking. Designate 5 areas in the room as the A+ spots (Alert, Avoid, Assert, Act, Ask). One student is the caller and hides his or her eyes. The rest of the class runs to one of the 5 spots. The caller counts aloud from ten down to one. When he or she gets to one, everyone must be in one of the spots or must sit down. Without looking, the caller names one of the spots. All of the students in that spot sit down. You may change caller or keep the same one. Repeat. Keep playing until only one student is left.

Materials: 5 areas in the room where children can gather



Kind and Caring Journal

Solving a bullying problem involves more than just the method of handling the situation. It includes creating a total environment of acceptance and kindness.

Students create a journal with notebook paper and construction paper for cover. Each day write or draw about a time when they did something kind and caring for someone, or when someone did this for them. Have some of these entries read aloud and discuss the importance of this type of behavior.

Materials: two sheets of construction paper per student, five or more sheets of writing paper per student, pen/pencils, and crayons/markers



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



A+ Way Mobile

Students make a mobile for the A+ Way. Use a hanger, dowel rod, cardboard, or other stiff item as the top. Hang 5 different lengths of yarn from this. On each piece of yarn hang one of the A+ words (Alert, Avoid, Assert, Act, Ask). You may want to have the students draw a picture of the word and hang it on another piece of yarn below the word. Be creative.

Materials needed: hanger, dowel rod, cardboard, or other stiff item, yarn, paper, art supplies



The “Avoid” Maze

Remind students that one method of dealing with a bullying situation is to try to avoid the potential problem in the first place. Pass out the maze and have students work on this individually or in pairs.



As a bonus, have pairs of students create their own maze for others to try. They may do this on the back of the first maze, or they may use additional paper. This stresses cooperation and creativity, as well as review of the avoidance technique.

Materials: maze master, paper, markers, crayons, pencils



Hidden A’s

Review the A+ Way for handling a bullying situation (Alert, Avoid, Assert, Act, Ask). Students are to draw a picture of a kind and caring situation or an *unkind* and *uncaring* situation. In this picture they are to *hide* the letter A. See how many they can hide. Trade papers with a friend and see if he or she can find all of them. (For example, an A can be: part of a tree branch, a blade of grass, in a flower petal, part of a design on a shirt, etc.)

Materials: paper, markers, crayons, pencils



Situation Time

Students work in pairs or small groups to create a story that involves a bullying (unkind or uncaring) situation. Trade stories with another group, discuss the situation, and develop 3 different ways to handle the situation. If you have only discussed a few of the methods, then those will be the ones the children use in their response. Solutions may be written down or presented orally.

Materials: paper, pencils



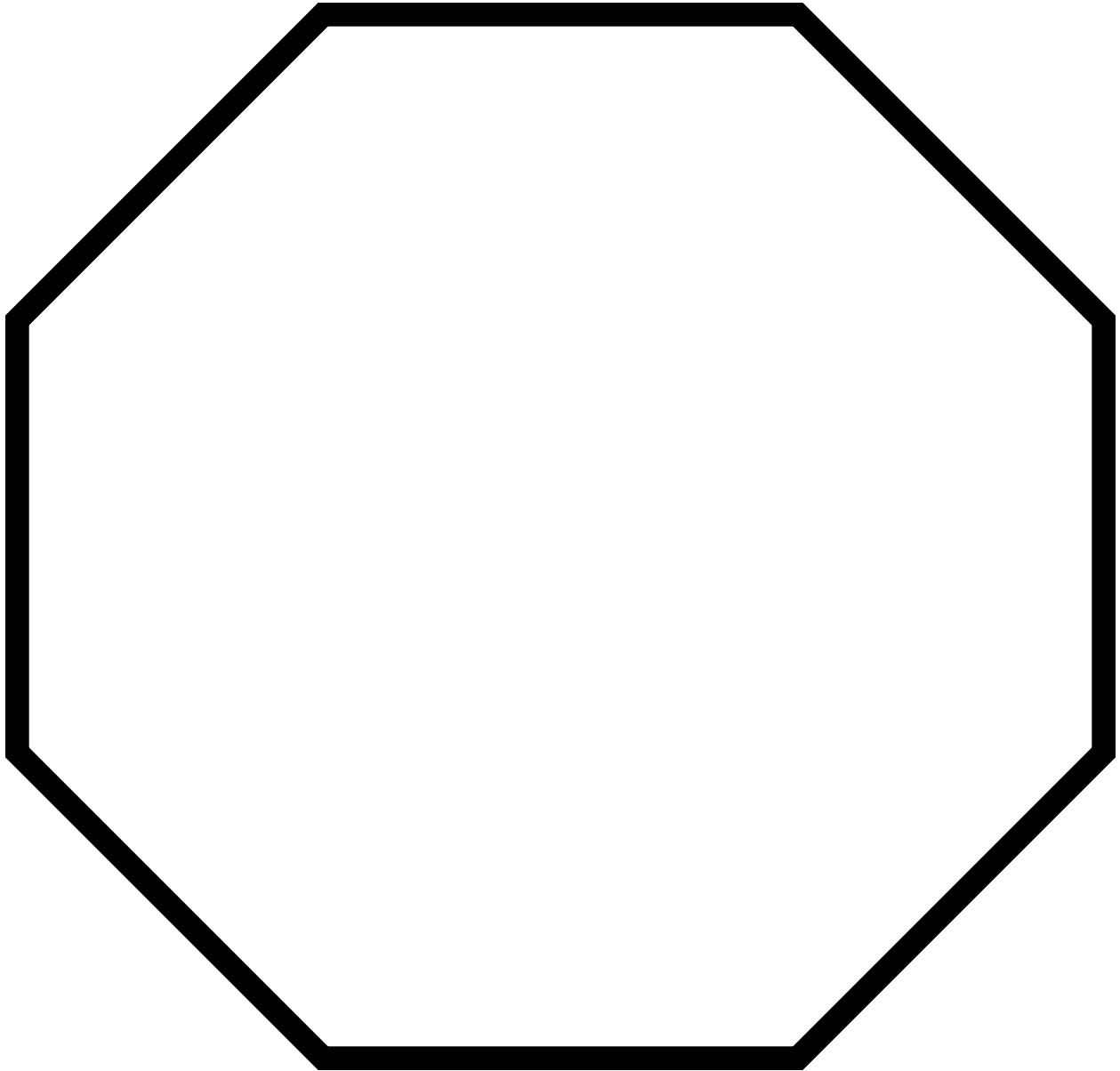
Find-Out-About-Me Cards

Bullying situations can often be averted by being more tolerant of others in the first place. Stress the need to accept differences in children. Pass out the Find-Out-About-Me Cards to the students. Each space has a description, such as “I like dogs”, “I have a brother”, etc. Students must walk around the room and get others to sign a space that applies. Try to fill the card, and have students sign a card only once. This helps them get to know their classmates better.

Materials: Find-Out-About-Me master (in the Self Esteem section), pencils

Kind and Caring Kids: Bullying

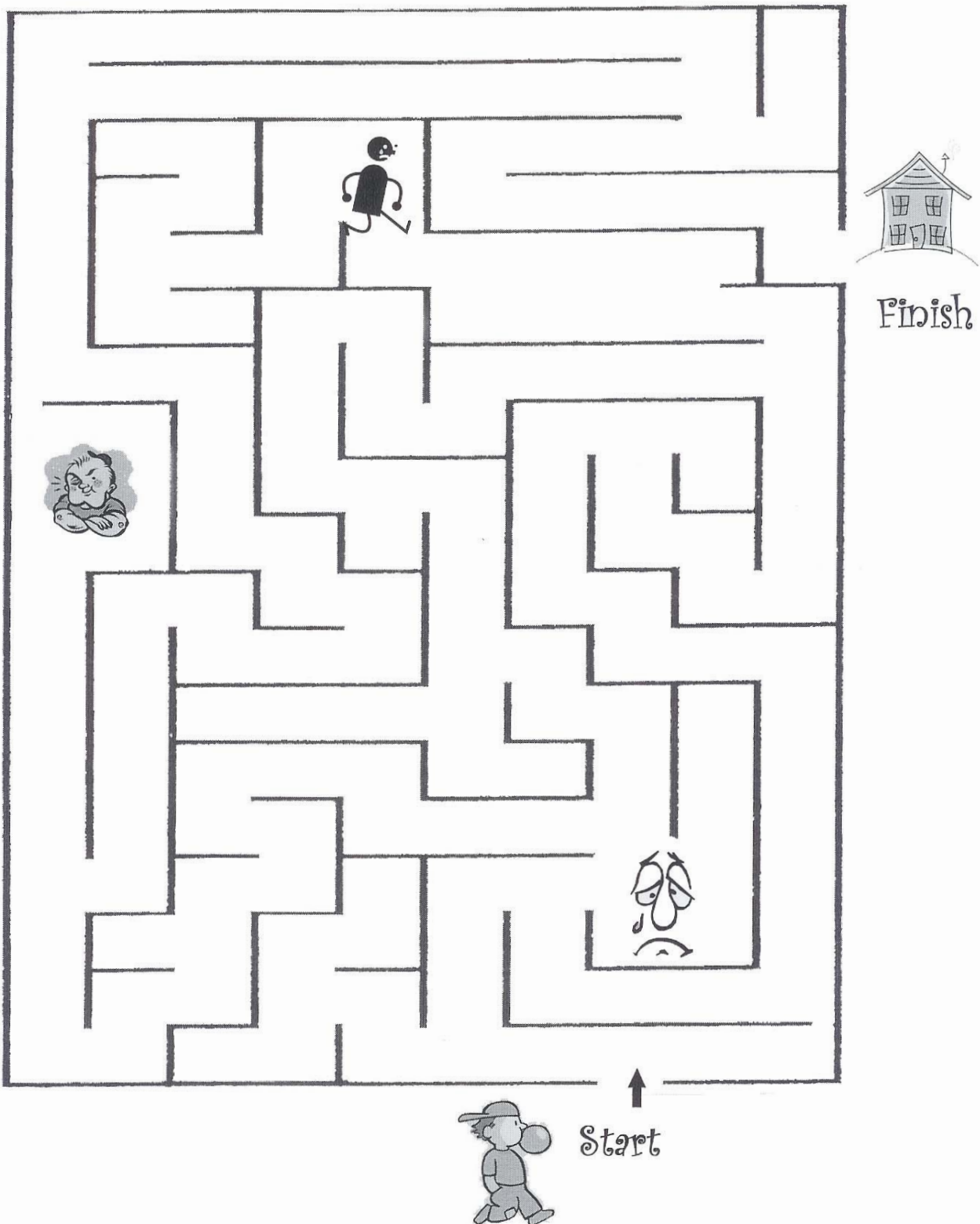
STOP Pattern



Kind and Caring Kids: Bullying

Grade 1

One of the A+ Ways to prevent a Bullying problem is to **Avoid** the situation. Can you get from Start to Finish and AVOID the mean kids?





Bullying

Find the words from the word list and circle them. They may go across or down.



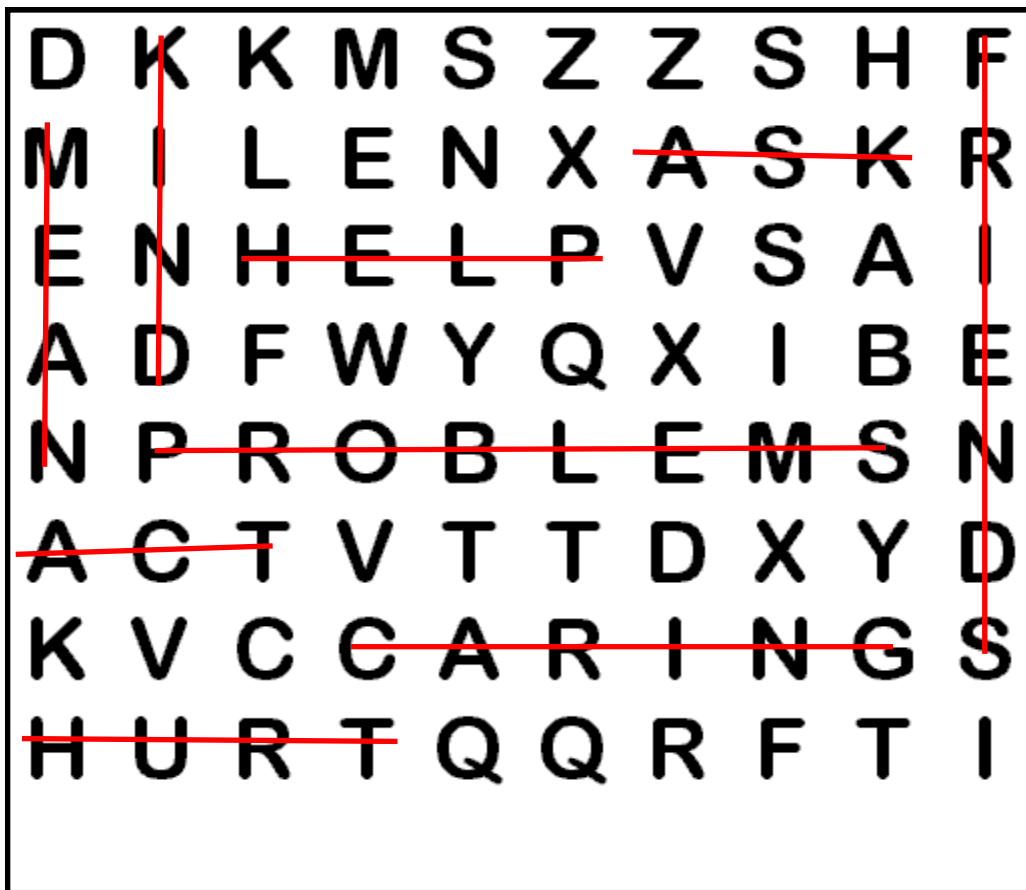
Word List

act	friends	kind
ask	help	mean
caring	hurt	problems



Bullying - Answers

Find the words from the word list and circle them. They may go across or down.



Word List

act	friends	kind
ask	help	mean
caring	hurt	problems