

# 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

<b>Important Background Information</b>
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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: Self-Esteem and Tolerance lesson be taught before this section.

## Materials Needed for Lessons

- KC Koala poster
- *Treasure Chest* poster
- Charlie Check-First symbol card
- KC Koala symbol card (and any other topics you plan to cover)
- A+ Way poster
- Reinforcement Activities #1, #2, # 3 (optional)
- *Safety Kids Songs* (optional)
- Letter to the Parents/Guardian (Appendix)

## Objectives for Students

- Identify three qualities of a Kind and Caring Kid.
- Explain how to act in order to not be a bully.
- State two ways to prevent a bullying situation.
- Describe three ways to respond to unkind and uncaring behavior by others and apply these ways to situations.

## Introduction or Review of Past Lessons

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

*Always start with a review of the Check First concept!*

*Using the Treasure Chest 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 symbol card from inside the pocket.*

**Teach this in 1 or 2 lessons.**

☆☆☆ 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 A

### Symbol Card



Select a student to remove the KC Koala symbol card from the poster pocket.

Introduce or re-introduce KC Koala to the class. (KC stands for Kind and Caring. Her motto is “Kind and Caring is the way to be!” See the other Kind and Caring lessons for more background.)

**Do you remember Charlie’s friend, KC Koala? Do you know what the letters KC stand for? Get responses.**

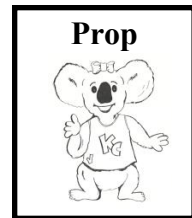
**K stands for Kind and C stands for Caring. KC belongs to a club called the Kind and Caring Kids Club. Would you all like to be a part of the Kind and Caring Kids Club with KC?**

**Kind and Caring Kids Club members always say, “Kind and Caring is the way to be!”**

**Repeat this after me. Kind and Caring is the way to be!**

*As you hold up KC Koala, students repeat the slogan several times.*

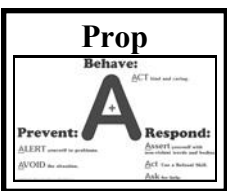
*Vary the ways they repeat it. (whisper, chant, sing, etc.)*



## BEHAVE

**To be a Kind and Caring Kid you should follow the A+ Way.**

**This chart has a lot of words that start with the letter A that can help you.**



*Hold up the A+ Way poster. Point to the word Behave.*

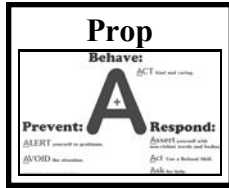
**Behavior means how you act. How do you act towards others? Are you mean? Nice? Kind? Nasty?**

**Tell me about a time when you were Kind and Caring to someone? Allow for several responses.**

**Describe some qualities of a Kind and Caring Kid. Get responses.**

**Sometimes people can be unkind or uncaring to others. I’m sure there has been a time when someone hurt your feelings or made you mad or even made you cry.**

**Or maybe there was a time when you saw someone being unkind or mean to someone else.**



*Point to the word Act on the poster.*

**Our A+ word is Act. Act Kind and Caring to others.**

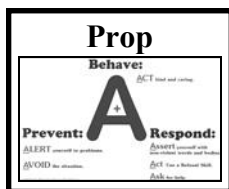
**It's important to try to be nice or kind to someone, instead of being mean or hurting someone's feelings. It's not always easy, but it's something you should try to do.**

**Even though you try to be nice to others, there may be a time when someone is mean to you. Maybe there is someone who is always mean to most kids. Or maybe that person just likes to pick on you and make your life miserable. Sometimes that person is called a bully.**

**There are several ways that someone may be a bully:**

- 1. He might be mean in a physical way. Maybe he pushes, or fights, or trips you.** (physical bullying)
- 2. She might be unkind with words; teasing, calling you names, making fun of you.** (verbal bullying)
- 3. She might not include you in her friends. You do not feel part of "the group" and you are excluded.** (emotional/relational bullying)
- 4. He might be mean on the Internet. A cyber-bully is someone who pressures you or is mean to you when you are online.** (cyber bullying)

**There are ways to stop some of those situations before they ever happen.**



*Point to the word Prevent. To prevent a situation means you do something about it before it ever takes place.*

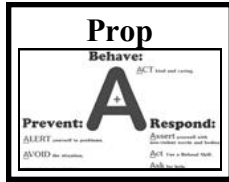
*Point to the word Alert. The first A+ Way for prevention is to be Alert. Alert yourself to what is going on around you. Pay attention to what is happening around you.*

**If there is someone up the street who always bothers you and is mean to you, notice that and pay attention. Be aware that there might be a problem up ahead if you are going that way.**

**Before you sit down at the lunch table, notice who is sitting there. Is there someone who always teases you and hurts your feelings? Be alert!**

**Once you are alert to what is going on, you can use the next A+ Way: Avoid. Avoid the situation. *Point to the word Avoid on the poster. Discuss what the word means.***

# Kind and Caring Kids: Bullying

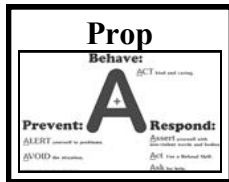


For example, you noticed the kids down the street who are mean to you. Is it a good idea to walk up to those kids? Avoid the problem and don't go near them.

You saw the boy at the table who always bothers you. Avoid a possible problem by sitting at another table. *Discuss.*

## RESPOND

How should you act when someone is not kind to you?



The first A+ Way to Respond is *Assert*. Point to the word Assert on the poster. Assert means to be strong and don't back down. Use strong, non-violent bodies and words to say, "Stop! I don't like what you are doing or saying."

Hold your head up and your shoulders back and be strong. Don't look like you are going to cry. That is just what that person wants.

Use strong, non-violent words and bodies to say *STOP*. What can you say? *Discuss.* How should you stand? What should your voice sound like? *Discuss.*

You need to be assertive. Let's try saying, "STOP! I don't like what you are doing!" Then turn around and walk away with your head held high. *Have students practice saying this and turning around as if to walk away.*

There is another way to handle a situation with unkind and uncaring kids. It is hard to do, but it does work.

That A+ Way is to Act Kind and Caring. Point to the word Act. It can be really hard to act nice or kind to someone who is being mean to you. But sometimes it helps take away some of the anger and hard feelings and makes the situation better.

You can also Act by using some of the Refusal Skills that we learned about in our lesson on Power NO.

*Discuss situations where this may happen.*

If you need help from someone, do not be afraid to Ask. Point to the word Ask. *Discuss who they could ask.* (teacher, parent, friend)

*You may go on to Lesson B or on to the Closure.*

## Lesson B

### Symbol Card



Use the KC Koala symbol card to review material already covered.

Review Lesson A:

- ✓ Characteristics of a Kind and Caring Kid
- ✓ The A+ Way
- ✓ How to not be a bully
- ✓ 2 ways to prevent a bullying situation (Alert and Avoid)
- ✓ 3 ways to respond to someone who is not Kind and Caring (Assert, Act, Ask)

Use the following scenarios to role-play how students should handle situations. Choose two students to act out a scenario, or present them in written form and ask the students to create responses as a class.

**You are on the playground and another kid from your school comes up to you and pushes you. What can you do? What if this same person continues to do this every day at the swings? How can you handle this?**

**You see someone teasing another child from your class. What should you do?**

**Someone copies your spelling test and says that he or she will beat you up if you tell the teacher. How can you handle this?**

**Someone tells everyone in second grade that you suck your thumb. You are embarrassed. What can you do?**

**Another child demands that you give him or her your lunch money or else he or she will beat you up. What can you do? What if this happens every day in the restroom?**

### Reinforcement Activity

Use the Maze (page 13) as a fun way to review and remind students about the A+ Way (Avoid) to prevent bullying situations.

**Be a Safety Kid!**

<b>Closure</b>
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Symbol Card



**We have talked about the A+ Way to help you handle a situation or a person who is unkind or bothering you.**

- ✓ Alert yourself to what is going on around you.
- ✓ Avoid the person or situation
- ✓ Assert yourself with strong, non-violent words and bodies.
- ✓ Act, using a Refusal Skill.
- ✓ Ask for help if you need it.

**Not only is it valuable to know how to deal with this type of situation, it is also very important to remember that you should not be the person who is causing the problem!**

**Act in a Kind and Caring Way (and don't bother others). This does not just mean hitting, tripping, and doing something physical. It also means making fun of someone, teasing, ignoring, and excluding others in a mean way.**

*Discuss the different types of bullying: physical, verbal, emotional/relational, and cyber-bullying.*

**Check your own attitude and actions. Are you kind? Are you caring?**

**Do you tease others to make them feel badly? Do you try to make someone else's life miserable?**

**Kind and Caring is the way to be!**

*Choose one or more of the Reinforcement Activities on the following pages.*

☆☆☆ 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.

***Allow time and encourage extensive discussion on this subject. Guide students to express their feelings about bullying and what they think are good solutions to the problem.***





## 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



### **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

# Kind and Caring Kids: Bullying



## 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



## 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



## 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



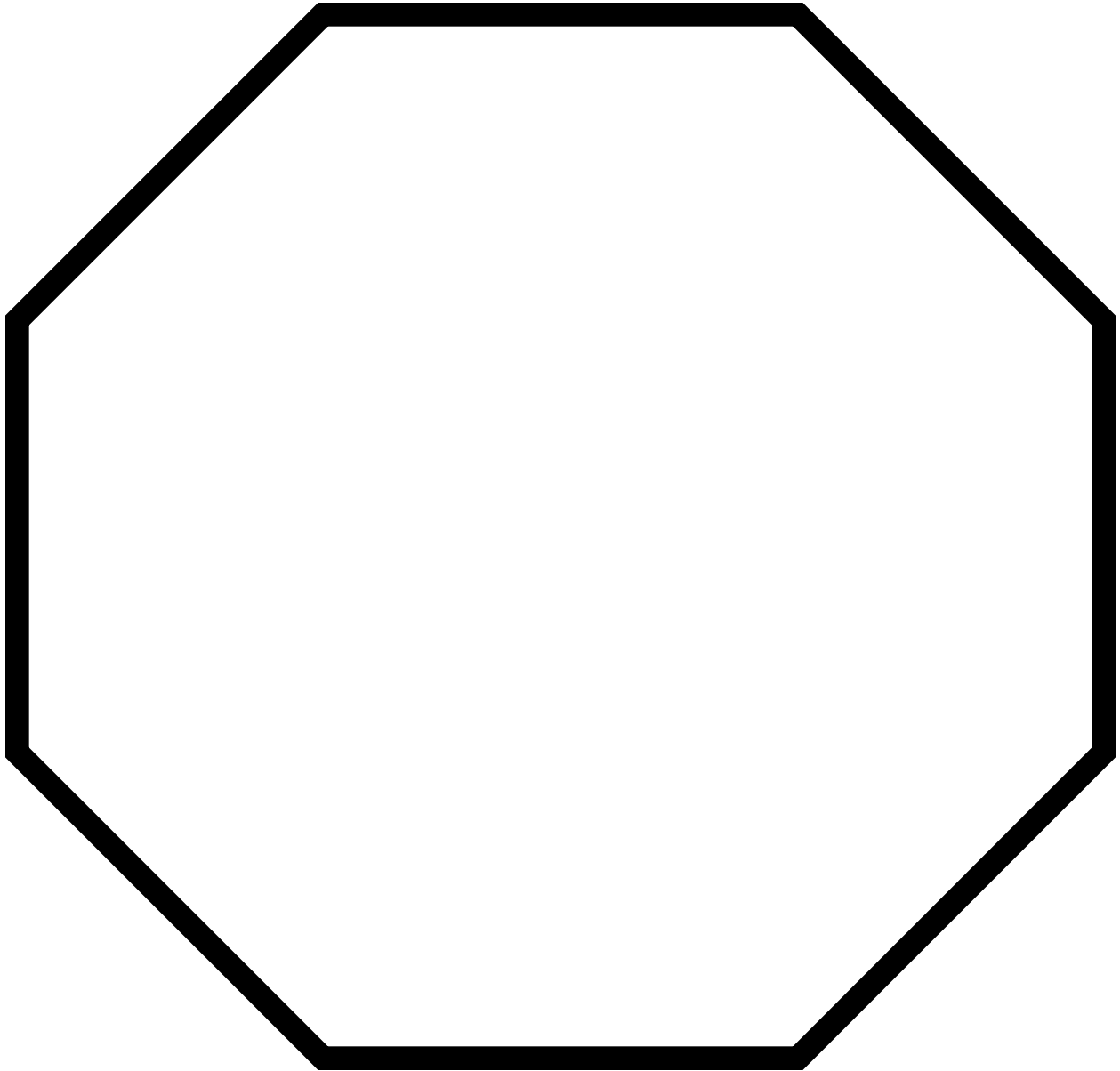
## Find-Out-About-Me Cards

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 have a brother”, “I don’t like pizza”, 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

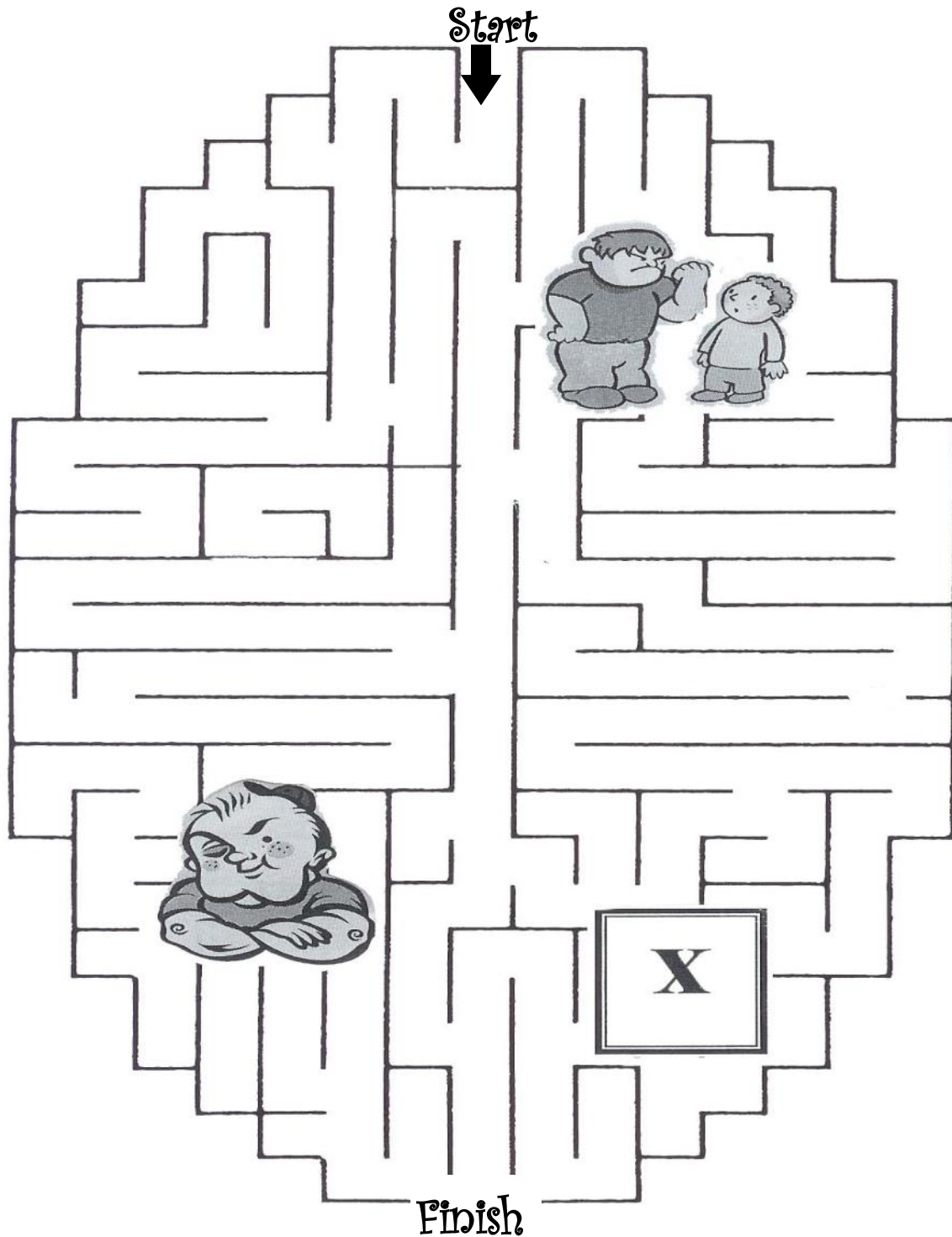
**STOP Pattern**





## Kind and Caring: Bullying Reinforcement Activity

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.

C	A	O	M	P	K	I	N	D	M	C	M
A	M	Y	O	S	F	R	I	E	N	D	S
R	E	H	U	R	T	A	N	P	A	R	A
I	A	L	E	R	T	V	J	R	C	P	O
N	N	I	A	X	V	O	C	O	T	H	V
G	G	R	H	F	F	I	X	B	I	L	C
A	S	K	E	Q	G	D	S	L	L	J	C
K	E	A	L	P	K	Q	N	E	T	I	B
Z	S	X	P	J	F	L	M	M	L	R	J
E	G	F	J	R	L	N	W	S	Z	I	R

### Word List

act	friends	problems
alert	help	
ask	hurt	
avoid	kind	
caring	mean	