

STAND UP AGAINST BULLIES!

FOR GRADES K-2



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STAND UP AGAINST BULLIES FOR GRADES K-2

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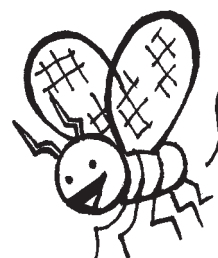
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What Is The Goal Of The *Stand Up Against Bullies* Program?

A lack of empathy for others is one of the reasons bullies tease and taunt. That's why a major goal of *Stand Up Against Bullies* is to help children see things from another point of view. Each lesson includes a bully story, to which young children can relate, and the situation will be discussed from three points of view: those of the bully, the victim, and the bystander. In doing this, all children will begin to understand everyone's role in a bullying act. They will be taught the social skills needed to help prevent future bullying incidents.

In The *Stand Up Against Bullies* Program, How Will Children Be Taught To Stand Up Against Bullies?

Children will be taught to handle bullies non-aggressively. If the victims of bullies bully back, the problem has grown and produced more bullies. Children will be taught to look at every incident as a problem that can be solved. They will be taught to consider different options and solutions. After considering the nature of the bullying incident, children will be taught to choose to:

- Report bullies. (This is different than *tattling*, which is done primarily to get someone else in trouble. If the bully is hurting someone or destroying property, *reporting* the bully does everyone a service. It resolves a serious situation.)
- Avoid bullies.
- Ignore bullies.
- Act confidently and assertively toward bullies.
- Remind themselves that they are special, unique individuals and don't have to believe a bully's message.
- Stay with friends who will stick up for them.
- Stick up for their friends.
- Talk with parents about any problems with bullies.
- Have a sense of humor. Laugh off bullying behavior when they can.



LESSON 1

ONLY FRIENDS ALLOWED AT BUG SCHOOL

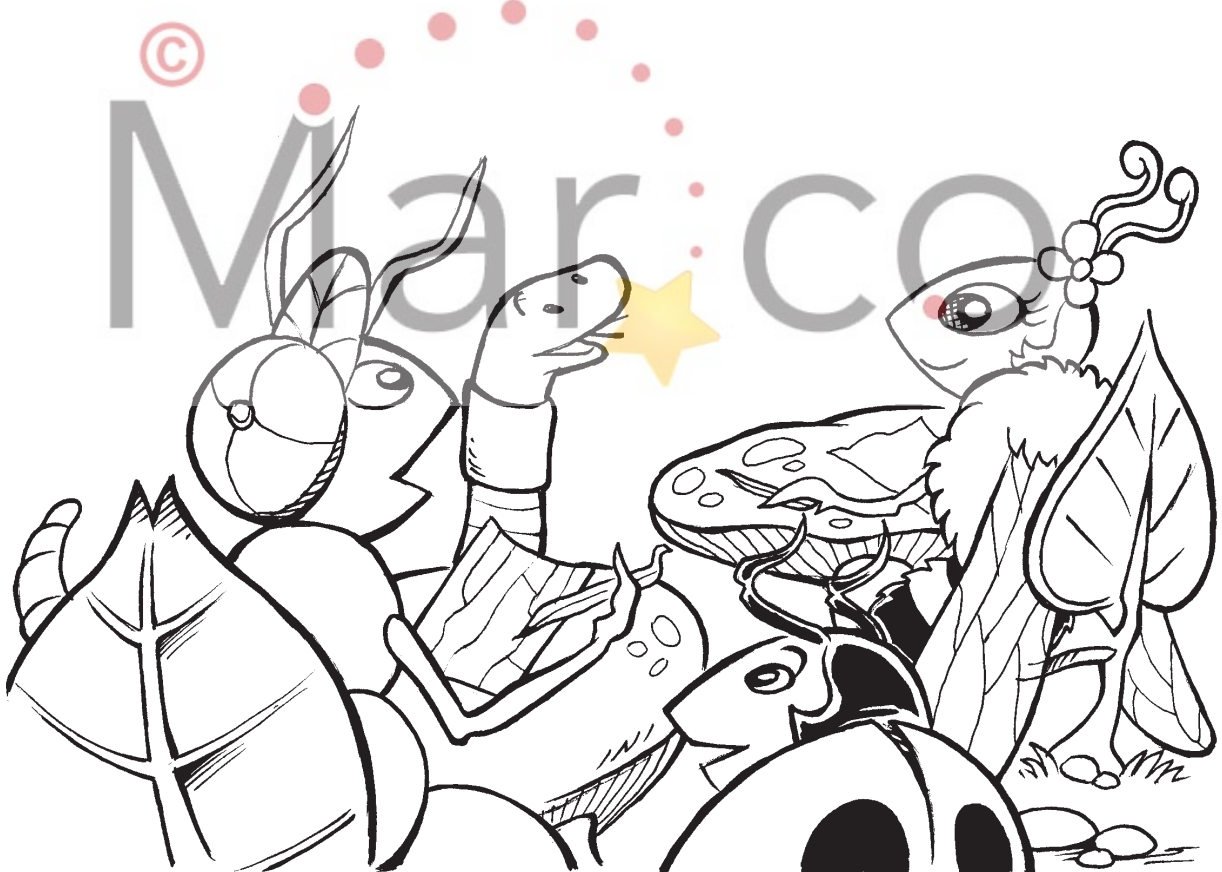
MATERIALS NEEDED

For Each Child:

- ☐ Copy of *Stand Up Against Bullies Song, Verse 1: Only Friends Allowed At Bug School* (page 23)
- ☐ Copy of *Miss Grasshopper Teaching The Bug Class* (page 24)
- ☐ Crayons
- ☐ Piece of 11" x 18" construction paper for *Stand Up Against Bullies* folder cover

For The Leader:

- ☐ Copy of *Big Beetle Puppet Pattern* (page 25) or commercial beetle puppet
- ☐ Copy of *Miss Grasshopper Puppet Pattern* (page 26) or commercial grasshopper puppet
- ☐ Craft stick
- ☐ Crayons or markers
- ☐ Scissors
- ☐ Glue stick
- ☐ Copy of *Friendly/Bully Actions List for the Speedy Friendship Game* (page 27)
- ☐ Copy of *Stand Up Against Bullies Song* (pages 15-16) to be used for reference



PRE-LESSON PREPARATION

If you are not using commercial puppets, reproduce the *Big Beetle Puppet Pattern* and the *Miss Grasshopper Puppet Pattern*. Cut out the patterns, color the puppets, and mount the puppets on a craft sticks.

Reproduce *Stand Up Against Bullies Song, Verse 1: Only Friends Allowed At Bug School* and *Miss Grasshopper Teaching The Bug Class* for each child.

Reproduce *Friendly/Bully Actions List* and *Stand Up Against Bullies Song* for the leader.

LESSON

Note: Throughout the lesson, the Grasshopper Puppet may be used as a visual aid when asking the students questions, reading the story, or emphasizing concepts.

INTRODUCTION:

Greet the children. Then ask:

How many of you want to have friends? (*All of the children will probably raise their hands.*)

Then say:

I thought you might say that. Today we are going to talk about how to make friends and how to keep friends. But first I want to tell you a story.

STORY/DISCUSSION:

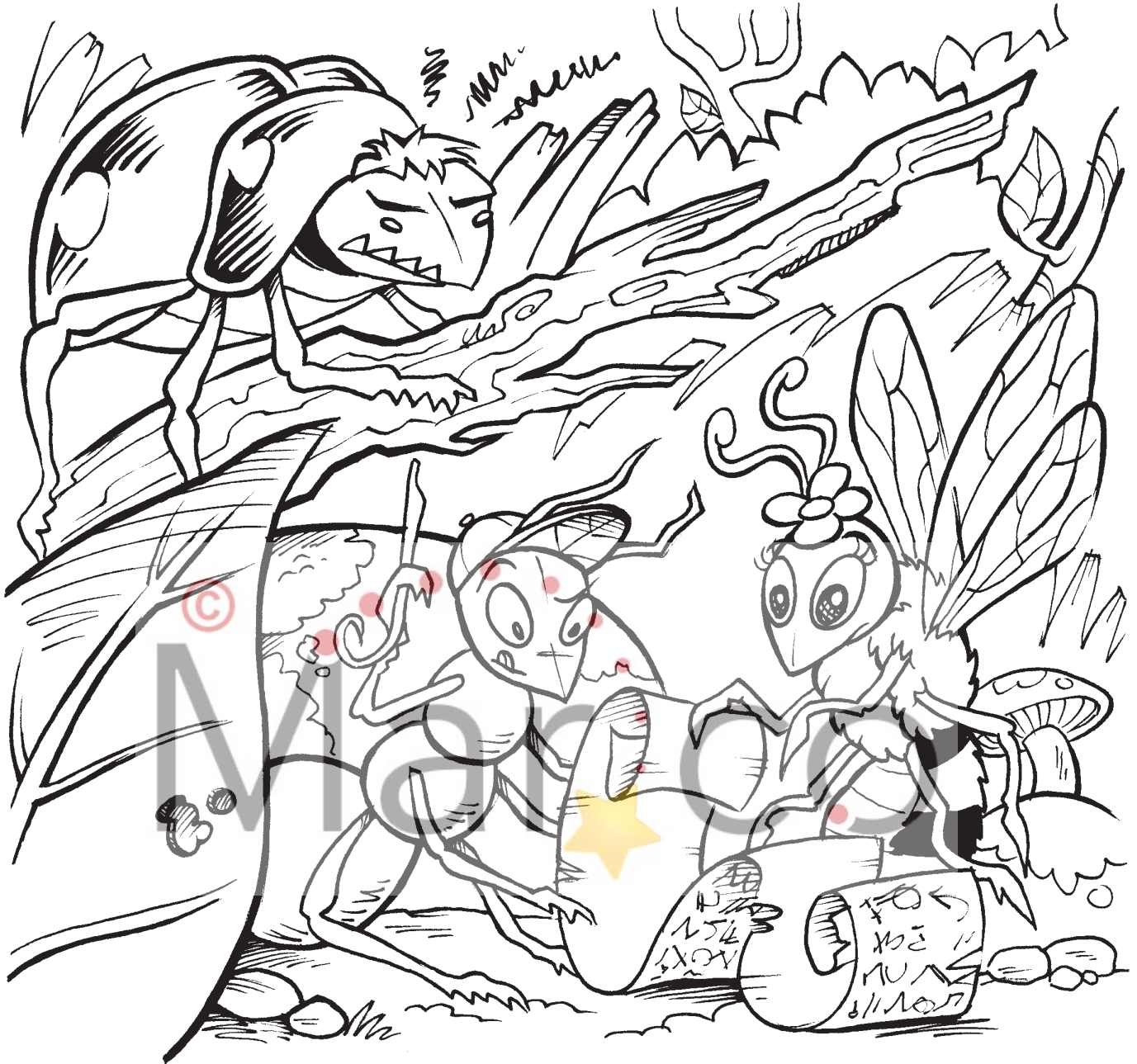
Read or tell the children the following story:

Did you know that bugs go to school? Well, they do! And one of the best teachers in Bug School was Miss Grasshopper. (*Hold up the Grasshopper Puppet.*) **She was a good teacher because she taught the bug children more than how to fly around and crawl up walls. She also taught the bug children how to be good friends to each other.**

Every morning, Miss Grasshopper began class with the Friendship Circle. All the little bugs would gather around and Miss Grasshopper would talk about how to make friends. One day, she said:

“Friends are friendly. Let’s talk about how to be friendly. How do friends use their hands?”

DECIDING WHAT TO DO ABOUT A BULLY



**What do you think is one thing
Brenda Bee and Anthony Ant will put on their list?**



LESSON 4

IGNORE IT

MATERIALS NEEDED

For Each Child:

- ☐ Copy of *Stand Up Against Bullies Song, Verse 5: Ignore It* (page 54)
- ☐ Copy of *Shield* with tabs that will fit over bug puppet (page 55)
- ☐ Crayons
- ☐ Scissors
- ☐ Copy of *Ignore A Bully* (optional—page 56)

For The Leader:

- ☐ Big Beetle Puppet from previous lesson
- ☐ Brenda Bee Puppet from previous lesson
- ☐ Anthony Ant Puppet from previous lesson
- ☐ Students' folders from previous lesson
- ☐ Students' puppets from previous lesson
- ☐ *Stand Up Against Bullies* chart from previous lesson
- ☐ Marker
- ☐ Copy of *Stand Up Against Bullies Song* (pages 15-16)
- ☐ Chalkboard and chalk

PRE-LESSON PREPARATION

Reproduce *Stand Up Against Bullies Song, Verse 5: Ignore It* and *Shield* for each child.

If you are using the optional activity, reproduce *Ignore A Bully* for each child.

LESSON

Note: Throughout the lesson, the Grasshopper Puppet may be used as a visual aid when asking the students questions, reading the story, or emphasizing concepts.

INTRODUCTION:

Distribute the students' folders. Then greet the children by saying:

The last time we met, Brenda and Anthony were trying to think of ways to stand up against Big Beetle.

Who can remember the idea Brenda had to try to stop Big Beetle's teasing? (*Walk away when the bully teases.*)

Yes! We wrote that idea on our chart and we sang a song about it.

STAND UP AGAINST BULLIES SONG:

Say:

Take your *Stand Up Against Bullies Song, Verse 3: Walk Away* lyric sheet from your folder. Let's sing the verse about walking away.

Stand Up Against Bullies Song

(Sung to the tune of *My Bonnie Lies Over The Ocean*)

Verse 3: Walk Away

If bullies call names and they tease you
And you start to feel bad and quite small,
There's something you can do about it.
Walk right by the bullies, that's all!

Walk by, walk by,
Walk right by the bullies, that's all, that's all.
Walk by, walk by,
Walk right by the bullies, that's all!

DISCUSSION:

Continue the lesson by saying:

Great job!

Who can remember the idea Anthony had to try to stop Big Beetle's teasing? (*Avoid the bully before he teases.*)

That's right!

STAND UP AGAINST BULLIES SONG:

Say:

Now take your *Stand Up Against Bullies Song, Verse 4: Avoid Them* lyric sheet from your folder. Let's sing the song together.

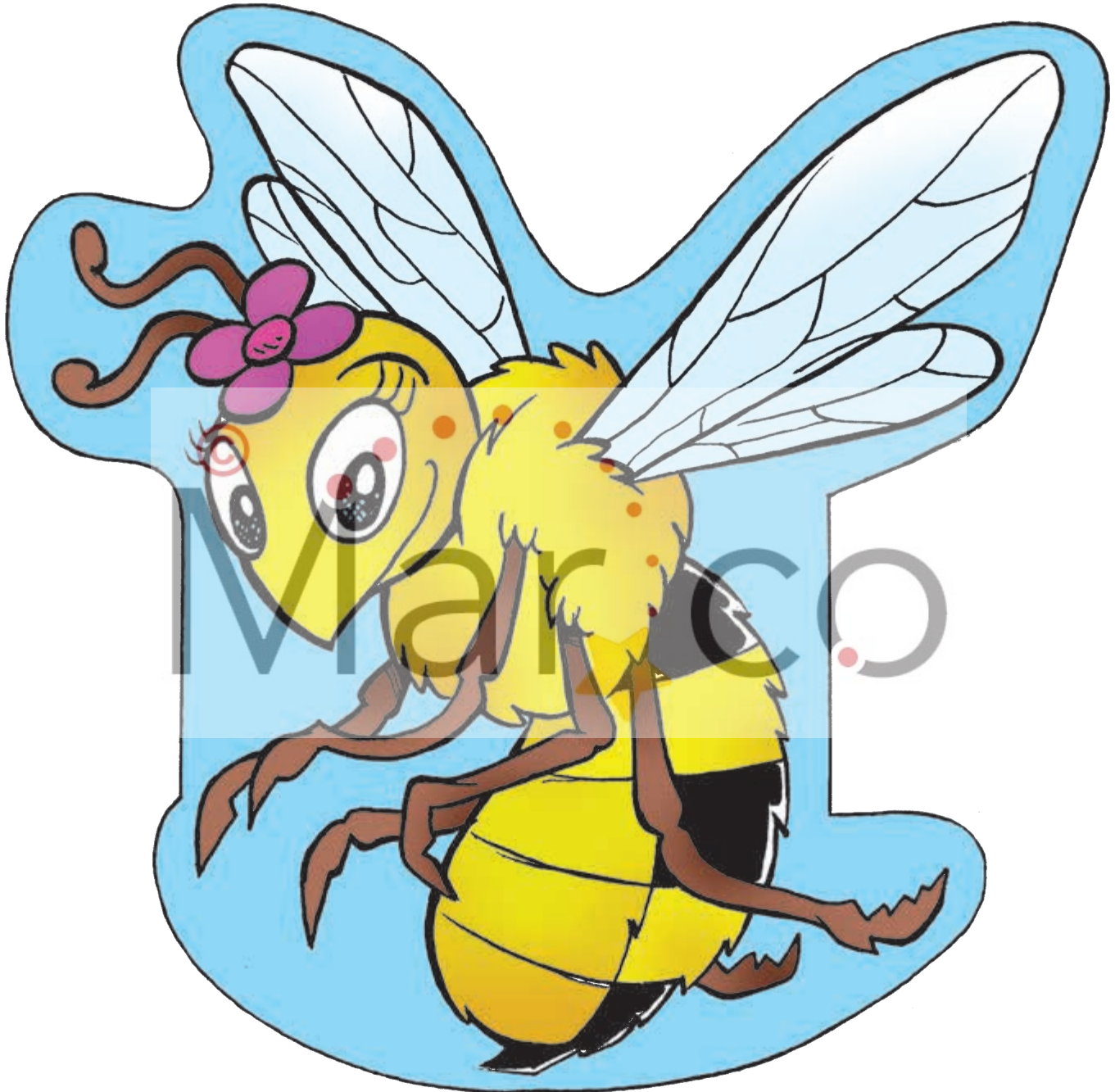
THE FOLLOWING SAMPLES
ARE REPRODUCIBLE/PRINTABLE PAGES
INCLUDED ON THE CD-ROM

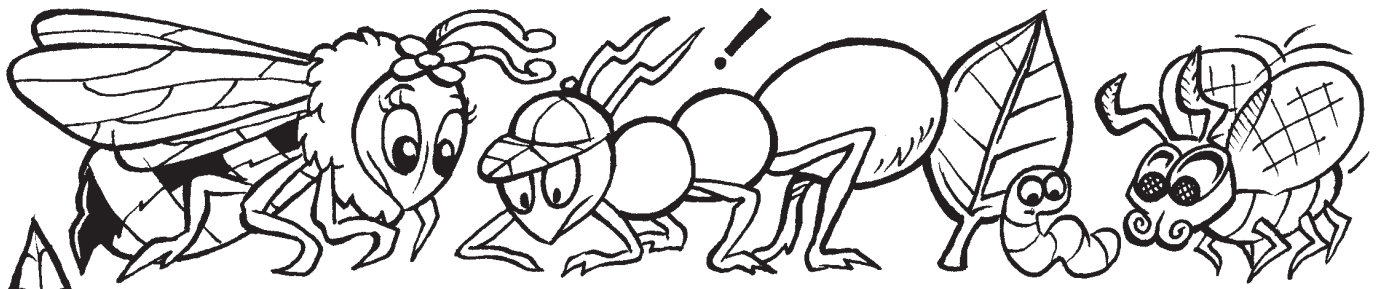


BRENDA BEE PUPPET PATTERN

DIRECTIONS: This simple stick puppet is easy to make.

1. Reproduce the pattern.
2. Glue the pattern onto cardboard or heavy-weight card stock.
3. Cut out the shape.
4. Glue a craft stick onto the back of your stick puppet.





STAND UP AGAINST BULLIES SONG

(SUNG TO THE TUNE OF MY BONNIE LIES OVER THE OCEAN)

VERSE 4

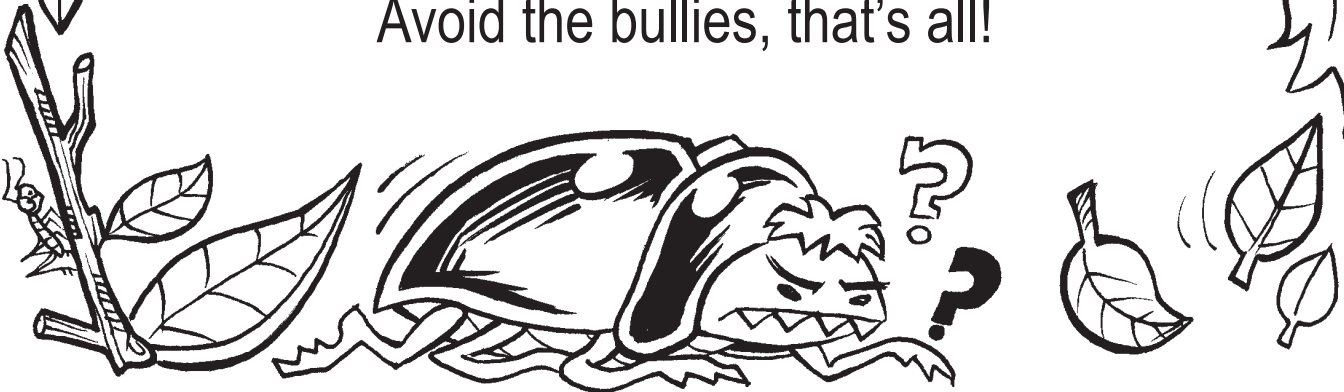
Avoid Them

If bullies call names and they tease you
And you start to feel bad and quite small,
There's something you can do about it.

Avoid the bullies, that's all!

Avoid them, avoid them,
Avoid the bullies, that's all, that's all!

Avoid them, avoid them,
Avoid the bullies, that's all!



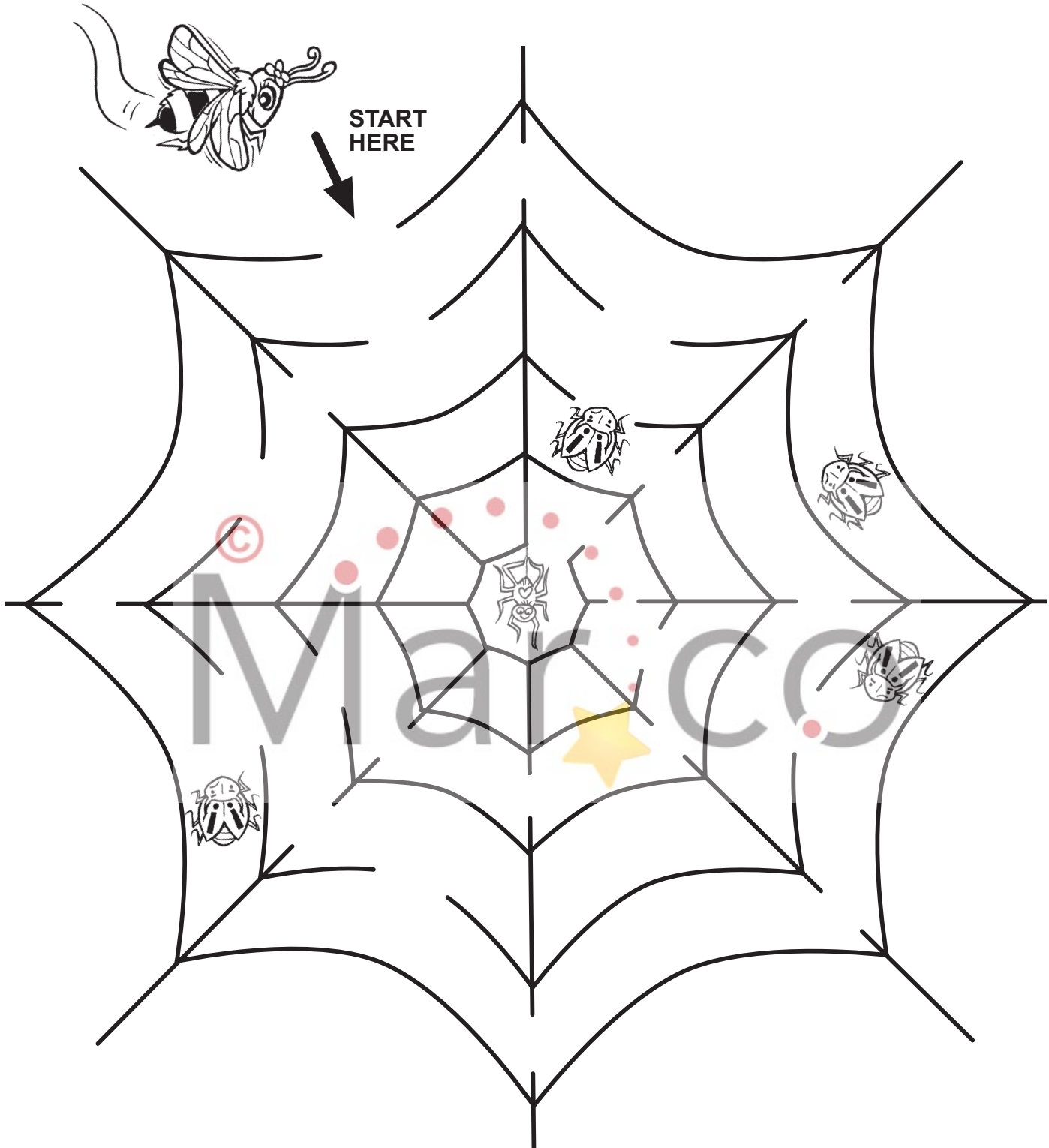
STAYING WITH YOUR GOOD FRIENDS DEFEATS A BULLY



What do you think Big Beetle is thinking?

AVOID THE BULLIES MAZE

Brenda Bee wants to visit her friend Sally Spider. Along her way there are many bullies who will be mean to her. Help her find a way to the center of Sally's web.



STAND UP AGAINST BULLIES



Song • Verse 5



Ignore It

If bullies call names and they tease you
And you start to feel bad and quite small,
There's something you can do about it.
Ignore what is said, that's all!

Ignore it, ignore it,
Ignore what is said, that's all, that's all.

Ignore it, ignore it,
Ignore what is said, that's all!

