

Table of Contents

Introduction	1
How to use this book	3
If You're Bothered song	5
Lesson #1: Tommy's Troubles Ignore behavior	6
Lesson #2: Tommy's Time Out Walk away	12
Lesson #3: Tommy's Tapping Say, "Please stop"	18
Lesson #4: Tommy's Turn Say it again, "Please stop"	24
Lesson #5: Tommy's Tale Ask for help	30
Reproducibles	36
Summary	41
About the Author	42
About the Illustrator	42
Appendix	43



LESSON #1:

Tommy's Troubles

One day at Tommy's bus stop, some boys started to make fun of him. They pointed at him and called him names. Tommy called them names back. This did not help. They kept calling each other names the whole way home.

That night Tommy thought of a song his mom taught him. This song would help him deal with those boys in a good way.



© YouthLight, Inc.

"If you're bothered and you know it, just ignore.

If you're bothered and you know it, just ignore.

If you're bothered and you know it and you really
want to show it,

If you're bothered and you know it just ignore"





Procedures:

1. Talk about turning the negative words into positive words. An example would be if a student calls another student "smartie pants," take it as a compliment meaning that the other student is telling the other one that he/she is smart. Don't feel bad about the remark.
2. If students can't turn some words into positive ones, tell the students to think positive.
3. Define self-talk or talking to oneself. Tell the students that people talk to themselves everyday and that it is okay to tell themselves how important they are everyday. When a student tries to make other students feel bad, tell them to use self-talk. Tell them to remind themselves that they are great and not to believe or give in to that other person.
4. Sing the song, *If You're Bothered and You Know It, Just Ignore* and have the students act it out so that they will remember what to do if they are bothered. Act out for the students how to ignore appropriately. Some students want to make a noise or fold their arms. This just makes it worse because they are still reacting to the behavior. Have students practice looking away silently or talking to another friend so they do not react negatively.
5. Take the names that students have been called and make up scenarios to go with them. For example, have a couple of students come to the front of the room and act out a scene where they are in lunch and one student calls another student "loser." Practice ignoring the bothersome behaviors.

Extension/Follow Up:

Make "I Cans." Copy the can labels and distribute them with the empty cans. Have students complete the "I Can ..." phrase. Have them write "I Can Ignore Bothersome Behaviors" or a specific behavior like "I Can Ignore Name Calling." Students can then color the labels and/or draw positive pictures. Glue the labels on the cans. They can use them as pencil holders.

Evaluation:

Students will practice the "ignoring" skill to bothersome behavior.