

Connect with Kindness

Bullying Prevention Activity Set



Model, encourage and guide PreK-12 children to connect with peers through kindness and empathy

Connect with Kindness

Empathy with Animals

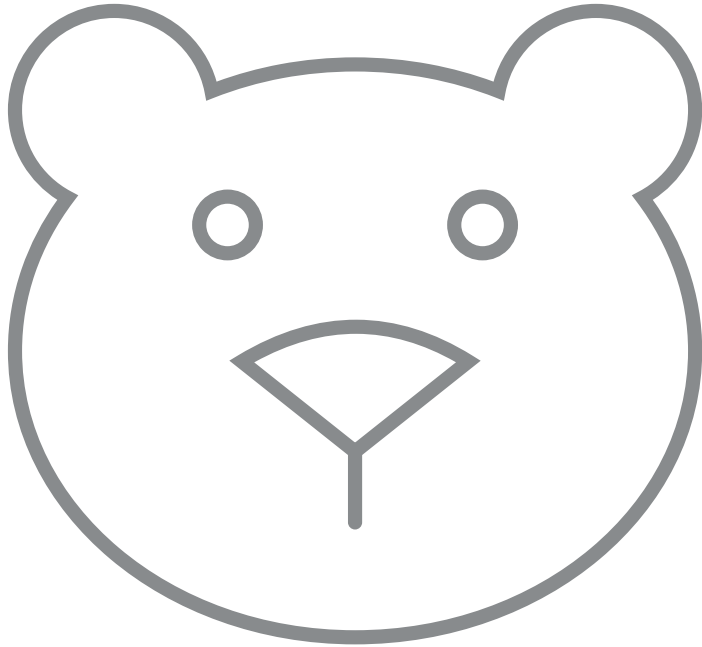


How To: Print one copy of each "Bear Face" sheet per child. Have them decorate the different faces with colors and designs that they feel match the corresponding emotion. Have children cut the four faces out along the dotted lines and tape to a popsicle stick. Once every child has their four bear faces completed, read each of the following stories and question prompts one at a time. Ask children to hold up the bear face that matches how the bear may be feeling in the story. Then encourage children to answer your question prompts.

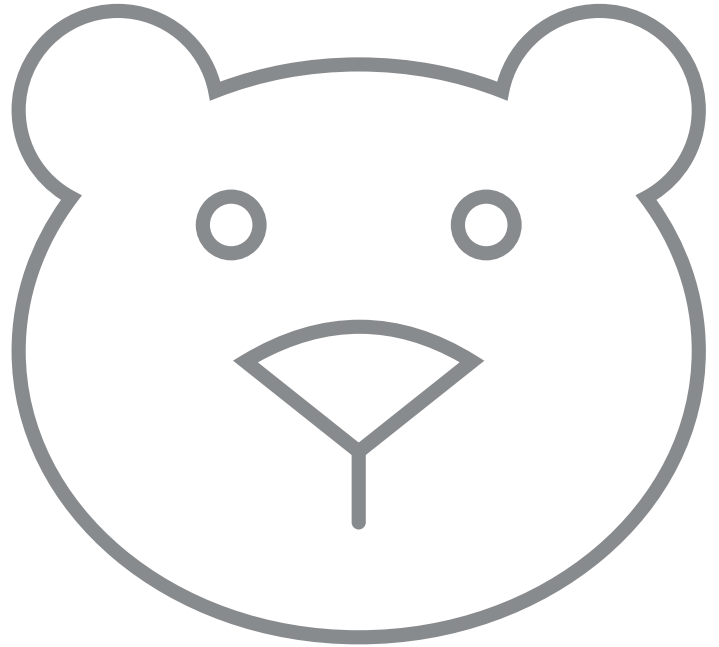
Recommended Grade Band: Prek-2nd

Additional Materials Needed: Scissors, popsicle sticks, tape/glue, markers/crayons

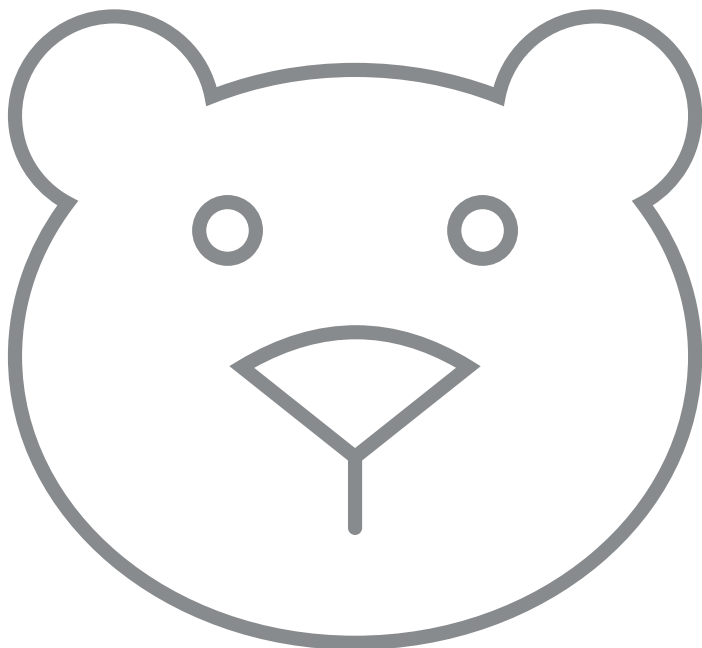
BRAVE



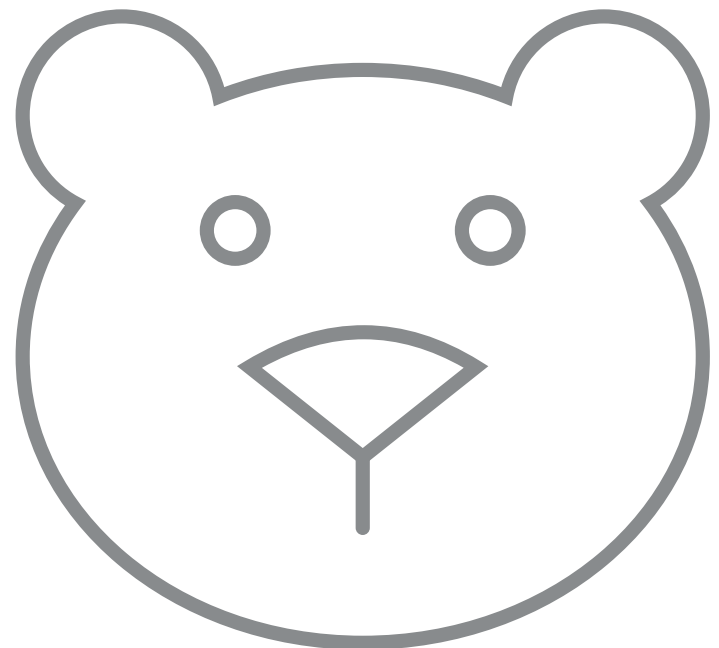
SAD



HAPPY



ANGRY



Connect with Kindness

Empathy with Animals

Part 1 of 4

Read the below story aloud. After finishing it, read prompt #1 and have students respond by holding up the Bear face with the corresponding emotion. Then use the four question prompts to promote further discussion around what these feelings represent, how these feelings may change, and the ways in which the child may have experienced the same feelings.

Story #1: *Bear and Lion are playing together on the playground at recess. It's a warm, sunny afternoon and some of Bear and Lion's friends decide to start a game of kickball. They invite Bear and Lion to play with them. Kickball is Bear's favorite game to play.*

Prompt #1: *Using your bear faces, which face shows what Bear may have been feeling after being invited to play kickball with friends?*

Students should hold up the "Happy" or "Brave" face.

Question Prompt #1:1: *Why may Bear have felt happy after being invited to play kickball? Why may Bear have felt brave?*

Question Prompt #1:2: *What could happen next for Bear to feel even happier or more brave?*

Question Prompt #1:3: *How would you feel if you were invited to play your favorite game with friends during recess?*

Question Prompt #1:4: *When was a different time that you felt happy?*

Connect with Kindness

Empathy with Animals

Part 2 of 4

Read the below story aloud. After finishing it, read prompt #2 and have students respond by holding up the Bear face with the corresponding emotion. Then use the four question prompts to promote further discussion around what these feelings represent, how these feelings may change, and the ways in which the child may have experienced the same feelings.

Story #2: *Before the kickball game can start, Bear, Lion and their friends ask a teacher to help them split into two teams - Team Banana and Team Carrot. Bear really wants to be on the same team as Lion. However, when the teacher is assigning all the friends to teams, Bear is put on Team Carrot and Lion is put on Team Banana.*

Prompt #2: *Using your bear faces, which face shows what Bear may have been feeling after being put on a different team than Lion.*

Students should hold up the "Angry" or "Sad" face.

Question Prompt #2:1: *Why may Bear have felt sad after being put on a different kickball team than Lion? Why may Bear have felt angry?*

Question Prompt #2:2: *What could happen next for Bear to feel less sad or less angry?*

Question Prompt #2:3: *How would you feel if you had to play on a different team than your friend?*

Question Prompt #2:4: *When was a different time that you felt sad?*

Connect with Kindness

Empathy with Animals

Part 3 of 4

Read the below story aloud. After finishing it, read prompt #3 and have students respond by holding up the Bear face with the corresponding emotion. Then use the four question prompts to promote further discussion around what these feelings represent, how these feelings may change, and the ways in which the child may have experienced the same feelings.

Story #3: *Once the teams are made, Team Banana are up to kick first while Team Carrot pitches and plays in the field. Lion is the first member of Team Banana to take a turn to kick. Lion walks up to take their turn and gets ready to kick. Once the ball is rolled, Lion runs to kick it but misses and falls to the ground. One of Bear's teammates on Team Banana then says loudly, "Look! Lion missed the ball!" and starts laughing at Lion.*

Prompt #3: *Using your bear faces, which face shows what Bear may have been feeling after seeing Lion fall and hearing someone laugh at Lion?*

Students should hold up the "Angry" or "Sad" face.

Question Prompt #3:1: *Why may Bear have felt sad after seeing what happened to Lion? Why may Bear have felt angry?*

Question Prompt #3:2: *What could happen next for Bear to feel less sad or less angry?*

Question Prompt #3:3: *How would you feel if you saw a friend get hurt? How would you feel if you heard someone laugh at your friend?*

Question Prompt #3:4: *When was a different time that you felt angry?*

Connect with Kindness

Empathy with Animals

Part 4 of 4

Read the below story aloud. After finishing it, read prompt #4 and have students respond by holding up the Bear face with the corresponding emotion. Then use the four question prompts to promote further discussion around what these feelings represent, how these feelings may change, and the ways in which the child may have experienced the same feelings.

Story #4: *Seeing Lion fall and be laughed at makes Bear feel hot inside and makes their heart beat fast. Bear doesn't want to see anyone hurt Lion or make Lion feel sad. So Bear takes a deep breath in and counts to three. Then Bear says loudly, "Don't be mean to Lion! It's not nice to laugh at someone." Bear then runs over to Lion and asks Lion if they're okay.*

Prompt #4: *Using your bear faces, which face shows what Bear may have been feeling when they stood up for Lion and told their teammate that it's not nice to laugh at someone?*

Students should hold up the "Brave" face.

Question Prompt #4:1: *Why may Bear have felt brave when they told their teammate not to be mean to Lion?*

Question Prompt #4:2: *Many times, we may experience more than one feeling at a time. What other feelings may Bear have had at the same time as feeling brave?*

Question Prompt #4:3: *How would you feel if you were telling someone that it's not nice to laugh at a teammate?*

Question Prompt #4:4: *When was a different time that you felt brave?*

Connect with Kindness

Kindness Bingo



How To: Print a set of Kindness Bingo boards (10 included) and hand one out to each child. Print one page of the Kindness Bingo labels and cut along the dotted lines. Randomly draw one label at a time and call it out. The child places an item (or mark) on their board in the corresponding Bingo space until someone receives five marks in a row.

Looking to take the game one step further? Have children only place an item (or mark) on their board for each act of kindness only if it's something they have done in the last week.

Recommended Grade Band: 2nd - 6th

Additional Materials Needed: Scissors (for the teacher); marker or small tokens (for children)

Kindness Bingo Labels

Introduce yourself to a new friend	Help a friend clean up
Ask a friend to play	Take turns with a friend
Help your teacher	Invite a friend to sit next to you
Use an I-Statement to tell a friend how you're feeling	Ask a friend if they'd like a hug, high five or wave to say hello
Help someone in your family	Hold the door for a friend
Tell a friend something you respect about them	Take three deep breaths if you're feeling sad or angry
Help a friend that's feeling sad or angry	Say hello to a new friend
Stand up for a friend	Clean up after yourself
Work with a friend to solve a problem	Share a toy or belonging
Tell a safe adult if you see someone hurt a friend's feelings	Ask how a friend is feeling today
Say 'Please', 'Thank You' and 'You're Welcome'	Let a friend choose which game to play
Tell a friend if their shoe is untied or their backpack is unzipped	Draw a picture for a friend, teacher or family member

Kindness Bingo

Introduce yourself to a new friend	Ask a friend to play	Help your teacher	Take turns with a friend	Invite a friend to sit next to you
Use an I-Statement to tell a friend how you're feeling	Help someone in your family	Tell a friend something you respect about them	Hold the door for a friend	Ask a friend if they'd like a hug, high five or wave to say hello
Help a friend clean up	Help a friend that's feeling sad or angry	FREE SPACE!	Take three deep breaths if you're feeling sad or angry	Clean up after yourself
Ask how a friend is feeling today	Work with a friend to solve a problem	Tell a safe adult if you see someone hurt a friend's feelings	Share a toy or belonging	Stand up for a friend
Say 'Please', 'Thank You' and 'You're Welcome'	Say hello to a new friend	Tell a friend if their shoe is untied or their backpack is unzipped	Let a friend choose which game to play	Draw a picture for a friend, teacher or family member

Kindness Bingo

Ask a friend to play	Share a toy or belonging	Tell a friend if their shoe is untied or their backpack is unzipped	Ask how a friend is feeling today	Tell a friend something you respect about them
Use an I-Statement to tell a friend how you're feeling	Stand up for a friend	Tell a safe adult if you see someone hurt a friend's feelings	Work with a friend to solve a problem	Introduce yourself to a new friend
Take three deep breaths if you're feeling sad or angry	Help a friend clean up	FREE SPACE!	Clean up after yourself	Say hello to a new friend
Say 'Please', 'Thank You' and 'You're Welcome'	Ask a friend if they'd like a hug, high five or wave to say hello	Let a friend choose which game to play	Hold the door for a friend	Draw a picture for a friend, teacher or family member
Help a friend that's feeling sad or angry	Help your teacher	Invite a friend to sit next to you	Help someone in your family	Take turns with a friend

Kindness Bingo

Tell a friend something you respect about them	Help a friend clean up	Tell a safe adult if you see someone hurt a friend's feelings	Help your teacher	Hold the door for a friend
Clean up after yourself	Tell a friend if their shoe is untied or their backpack is unzipped	Share a toy or belonging	Draw a picture for a friend, teacher or family member	Stand up for a friend
Work with a friend to solve a problem	Use an I-Statement to tell a friend how you're feeling	FREE SPACE!	Ask a friend to play	Take turns with a friend
Invite a friend to sit next to you	Say 'Please', 'Thank You' and 'You're Welcome'	Introduce yourself to a new friend	Help a friend that's feeling sad or angry	Ask a friend if they'd like a hug, high five or wave to say hello
Let a friend choose which game to play	Take three deep breaths if you're feeling sad or angry	Help someone in your family	Say hello to a new friend	Ask how a friend is feeling today

Kindness Bingo

Clean up after yourself	Help someone in your family	Help a friend clean up	Help a friend that's feeling sad or angry	Tell a safe adult if you see someone hurt a friend's feelings
Hold the door for a friend	Use an I-Statement to tell a friend how you're feeling	Tell a friend if their shoe is untied or their backpack is unzipped	Ask a friend to play	Tell a friend something you respect about them
Stand up for a friend	Help your teacher	FREE SPACE!	Draw a picture for a friend, teacher or family member	Say 'Please', 'Thank You' and 'You're Welcome'
Say hello to a new friend	Ask how a friend is feeling today	Ask a friend if they'd like a hug, high five or wave to say hello	Work with a friend to solve a problem	Invite a friend to sit next to you
Take three deep breaths if you're feeling sad or angry	Share a toy or belonging	Let a friend choose which game to play	Introduce yourself to a new friend	Take turns with a friend

Kindness Bingo

Take turns with a friend	Say hello to a new friend	Help a friend that's feeling sad or angry	Tell a safe adult if you see someone hurt a friend's feelings	Hold the door for a friend
Share a toy or belonging	Work with a friend to solve a problem	Introduce yourself to a new friend	Say 'Please', 'Thank You' and 'You're Welcome'	Tell a friend if their shoe is untied or their backpack is unzipped
Clean up after yourself	Ask a friend to play	FREE SPACE!	Help a friend clean up	Use an I-Statement to tell a friend how you're feeling
Ask how a friend is feeling today	Take three deep breaths if you're feeling sad or angry	Let a friend choose which game to play	Tell a friend something you respect about them	Ask a friend if they'd like a hug, high five or wave to say hello
Help someone in your family	Help your teacher	Draw a picture for a friend, teacher or family member	Stand up for a friend	Invite a friend to sit next to you

Kindness Bingo

Tell a friend something you respect about them	Tell a friend if their shoe is untied or their backpack is unzipped	Use an I-Statement to tell a friend how you're feeling	Hold the door for a friend	Invite a friend to sit next to you
Say hello to a new friend	Help a friend clean up	Take turns with a friend	Tell a safe adult if you see someone hurt a friend's feelings	Help your teacher
Say 'Please', 'Thank You' and 'You're Welcome'	Ask how a friend is feeling today	FREE SPACE!	Draw a picture for a friend, teacher or family member	Introduce yourself to a new friend
Help a friend that's feeling sad or angry	Take three deep breaths if you're feeling sad or angry	Share a toy or belonging	Ask a friend if they'd like a hug, high five or wave to say hello	Ask a friend to play
Help someone in your family	Let a friend choose which game to play	Work with a friend to solve a problem	Clean up after yourself	Stand up for a friend

Kindness Bingo

Use an I-Statement to tell a friend how you're feeling	Tell a friend something you respect about them	Say hello to a new friend	Clean up after yourself	Let a friend choose which game to play
Help your teacher	Say 'Please', 'Thank You' and 'You're Welcome'	Invite a friend to sit next to you	Introduce yourself to a new friend	Stand up for a friend
Tell a friend if their shoe is untied or their backpack is unzipped	Take three deep breaths if you're feeling sad or angry	FREE SPACE!	Help a friend that's feeling sad or angry	Draw a picture for a friend, teacher or family member
Share a toy or belonging	Ask how a friend is feeling today	Work with a friend to solve a problem	Help a friend clean up	Ask a friend to play
Ask a friend if they'd like a hug, high five or wave to say hello	Hold the door for a friend	Tell a safe adult if you see someone hurt a friend's feelings	Help someone in your family	Take turns with a friend

Kindness Bingo

Use an I-Statement to tell a friend how you're feeling	Let a friend choose which game to play	Take three deep breaths if you're feeling sad or angry	Tell a friend something you respect about them	Help your teacher
Clean up after yourself	Draw a picture for a friend, teacher or family member	Ask a friend to play	Stand up for a friend	Help a friend that's feeling sad or angry
Tell a friend if their shoe is untied or their backpack is unzipped	Say 'Please', 'Thank You' and 'You're Welcome'	FREE SPACE!	Help someone in your family	Introduce yourself to a new friend
Help a friend clean up	Ask how a friend is feeling today	Ask a friend if they'd like a hug, high five or wave to say hello	Work with a friend to solve a problem	Invite a friend to sit next to you
Share a toy or belonging	Tell a safe adult if you see someone hurt a friend's feelings	Hold the door for a friend	Say hello to a new friend	Take turns with a friend

Kindness Bingo

Tell a friend something you respect about them	Take three deep breaths if you're feeling sad or angry	Invite a friend to sit next to you	Draw a picture for a friend, teacher or family member	Tell a safe adult if you see someone hurt a friend's feelings
Help a friend clean up	Take turns with a friend	Clean up after yourself	Work with a friend to solve a problem	Stand up for a friend
Let a friend choose which game to play	Ask how a friend is feeling today	FREE SPACE!	Introduce yourself to a new friend	Tell a friend if their shoe is untied or their backpack is unzipped
Hold the door for a friend	Say hello to a new friend	Say 'Please', 'Thank You' and 'You're Welcome'	Ask a friend if they'd like a hug, high five or wave to say hello	Help someone in your family
Use an I-Statement to tell a friend how you're feeling	Share a toy or belonging	Help your teacher	Ask a friend to play	Help a friend that's feeling sad or angry

Kindness Bingo

Ask how a friend is feeling today	Hold the door for a friend	Help a friend that's feeling sad or angry	Ask a friend if they'd like a hug, high five or wave to say hello	Tell a safe adult if you see someone hurt a friend's feelings
Take turns with a friend	Share a toy or belonging	Clean up after yourself	Help your teacher	Introduce yourself to a new friend
Draw a picture for a friend, teacher or family member	Take three deep breaths if you're feeling sad or angry	FREE SPACE!	Use an I-Statement to tell a friend how you're feeling	Invite a friend to sit next to you
Let a friend choose which game to play	Stand up for a friend	Ask a friend to play	Work with a friend to solve a problem	Tell a friend something you respect about them
Help a friend clean up	Tell a friend if their shoe is untied or their backpack is unzipped	Say 'Please', 'Thank You' and 'You're Welcome'	Help someone in your family	Say hello to a new friend

Connect with Kindness

Community Building in Circle Time



How To: Select 1-2 question prompts to use. Read the question prompts aloud during your morning meeting or circle time in order to spark introspection and discussion. After reading the prompt, give students two minutes to self-reflect on their response, and then invite students to share.

Recommended Grade Band: Varies - see individual sheets

Additional Materials Needed: None

Community Building in Circle Time

Grade Band: PreK-2nd

If you could have any superpower, what would it be? Why?

If you could pick just one food to eat for the rest of your life, which food would you pick? Why?

What did you dream about last night?

If you could have any animal as a pet, which animal would you pick?

Complete this idea: Something that makes me feel excited, is...

Complete this idea: Something that makes me feel brave, is...

Community Building in Circle Time

Grade Band: 3rd-5th

What color best represents your feelings today?

Complete this idea: If you really knew me, you would know...

What is your favorite family tradition?

Complete this idea: Something that makes me feel nervous, is...

What is something that you feel proud of?

If you could be world famous for anything, what would you want to be famous for? Why?

Community Building in Morning Meeting

Grade Band: 6th-8th

What is one thing you'd like to be an expert in when you're an adult?

Complete this idea: If you really knew me, you would know...

What song makes you want to dance?

Complete this idea: Something that always helps me feel relaxed, is...

Complete this idea: Something that always makes me laugh, is...

Complete this idea: The thing I'm most excited about for becoming a teenager, is...

Community Building in Morning Meeting

Grade Band: 9th-12th

What is one thing you'd like to be an expert in when you're an adult?

Complete this idea: If you really knew me, you would know...

What song makes you want to dance?

Complete this idea: Something that always helps me feel relaxed, is...

Complete this idea: Something that always makes me laugh, is...

Complete this idea: The thing that surprises me most about high school, is...