



SENSE OF SAFETY & Beyond! Lesson Plan

Topic to teach: No Bully Zone &
Were You Kind Today?: grades: K-2

Length of lesson: 30 min

Goal: Teach kids to be kind and respectful and never bully.

Objectives:

- Students learn what bullies say and do
- Students learn that bullying is very wrong
- They learn what to do if they are bullied or see someone bullied.
- Understand the importance of being kind

Vocabulary:

Discuss these terms prior to the lesson:

Bullying
Kindness
Trusted adult

Materials:

1. "I Can" statement printed and cut out
2. Sense of Safety & Beyond Activity book - Pages 20 and 21
3. Crayons and pencils
4. (Optional) Projection of lesson

"I Can" statement:

Display and read the "I Can" statements before and after lesson delivery.

I can say kind things!
I can recognize bullying!
I can tell a trusted adult about bullying!

Attention Grabber

Tell the students to listen very carefully to the story about Rocket. You will be asking what SENSES he used in the story.

Rocket was just leaving one of his favorite classes... gym class! He was running super fast and jumping really high, so he was thirsty! He got in line to get some water and all of a sudden... SPLASH! A boy in front of him had pushed a girl's head into the water! The girl shook the water off as the boy laughed. "I don't like that and I don't think it's funny!" said the girl as she walked away. Later on, Rocket saw the same boy trip the girl when she was going to get her pencil sharpened. Rocket had a feeling this was not an accident and it would not stop. Rocket went to the teacher and told her what happened. The teacher talked to the boy by himself, then talked to the girl. Rocket watched as the boy sadly walked over and talked to the girl. He must have felt bad! Rocket wondered if maybe he needed someone to be kind to him. The next day, Rocket said to the boy, "If you promise to be kind, would you like to play basketball at recess?" He and Rocket are now an unbeatable basketball duo... they are always kind...and neither of them allows bullying on their playground!

Ask the students to put their thumbs up if Rocket used the sense to recognize bullying and be kind or thumbs down if he didn't use the sense.

- Did Rocket use smell? (Thumbs down) Did Rocket use hearing? (Thumbs up)*
Did Rocket use touch? (Thumbs down) Did Rocket use sight? (Thumbs up)
Did Rocket use taste? (Thumbs down) Did Rocket use his 6th sense? (Thumbs up)



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Lesson: Activity Book, Pages 20-21

Lesson

Sometimes people can be really hurtful and mean. When people don't stop being mean even after being told, this is called BULLYING.

Bullies often pick on people who are different from them. Many times bullies have been bullied by someone else. A bully might hit you for no reason, take your lunch money..... Tell lies about you....or call you names.

If this ever happened to you...how would it make you feel? (Sad) People who are bullied can feel worried and anxious, or not be able to sleep at night. Bullies make you feel unsafe.

Anyone, any age, can GET bullied and it can happen anywhere, even on your computer or your phone.

If this happens to you in person....you need to tell the bully to "STOP", then you WALK AWAY.... and tell a trusted adult. If you are bullied on your phone or on the computer, stop talking to them and tell a trusted adult.

Page 20: Discuss with children that if they are bullied or see someone that is bullied, they need to tell a trusted adult. Color the circle and the No Bullying in red.

Page 21: Draw a line from Rocket's heart to the nice things he says.

2nd grade: Let's brainstorm kind words and actions we can say and do today! (Using a common meeting and writing area, brainstorm kind words and actions for school, community, and home)

Extended Thinking

- If someone is bullying you or treating you badly what should you do?
- Who at our school could you talk to?
- Can people bully you on the computer or on your cell phone?
- What should you do if you are bullied on the computer/cell phone?
- Why should we say nice things to people?
- What are some kind things to say to people?

Standards

5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.

CCSS.ELA-LITERACY.SL.K.2 Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood.

CCSS.ELA-LITERACY.SL.1.2 Ask and answer questions about key details in a text read aloud or information presented orally or through other media.

CCSS.ELA-LITERACY.SL.2.2 Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.



I can say kind
things!

VOCABULARY

Bullying

Kindness

Trusted adult

Congratulations!

For Completing the lesson

No Bully Zone & Were You Kind Today

**You're a Rocket Rules
Safety Super Star!**



Instructor signature _____

Signature Rocket  _____ Date _____