

# NO BULLY ZONE! WERE YOU KIND TODAY?

**KEY SENSE:** 6th sense, Mouth (voice). (Review all 6 senses with your class)

**GOAL:** Students will learn to be kind and respectful to one another and that bullying is wrong.



## OBJECTIVES:

Students will

- understand what bullying is and why it is very wrong.
- state what to do if they are bullied or see someone being bullied.
- understand the importance of being kind.

## MATERIALS NEEDED:

- ***Sense of Safety & Beyond! Activity Book - Pages 20 and 21.*** Available online to print for each student: TOOL KIT: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>
- Crayons and pencils. Review 6 senses.
- Overhead projection of activity (optional)
- Write these words on the board: NO BULLY ZONE! WERE YOU KIND TODAY?

## SUGGESTED SCRIPT:

Has anyone ever been teased or made fun of by someone, and they won't stop doing it? Sometimes kids can be really hurtful and mean. When they don't stop being mean, this is called BULLYING.

Bullies often pick on smaller kids and kids who look different from them. A bully might hit you for no reason, take your pencil, tell lies about you, or call you names. The bully keeps doing this to you. If this ever happened to you, how would it make you feel? (Sad)

If you are bullied it can make you feel worried and anxious and not sleep at night.

Bullies can be boys or girls, of any age and any race or color. Bullies make you feel bad and unsafe. It's mean!

Why do bullies do these things? They may not feel very good about themselves. They often feel angry. Anyone, any age, can GET bullied and it can happen anywhere. It can even happen on your computer or your phone.

### **What should we do if we are bullied?**

You need to tell the bully to “STOP”. Then WALK AWAY and tell a trusted adult. Make sure you tell your family and teacher. If you are bullied on your phone or on a computer, stop talking to them. Don’t message them and tell your parents. Bullies need to talk to trusted adults so they learn how to treat others with kindness.

**Let’s talk about kindness.** What can you say to others to show kindness? You can tell others they are nice or ask them to play with you. There are many things we can say that are nice. It makes the other person feel so good, and you will too!

Remember, always treat people with kindness and respect. It brings people together and it's the right thing to do. And apologize if you say something hurtful.

**Remember kids, Treat others with Kindness and Respect! Together we can put a STOP to Bullying!**

### **ACTIVITY:**

- **Use page 20** to discuss with students that if they are bullied or see someone that is bullied, they need to tell a trusted adult. Have students color the circle and the **No Bullying** in red.
- **Using page 21**, have students draw a line from Rocket’s heart to the nice things he says.

### **ASSESSMENT/REFLECTION QUESTIONS:**

- If someone is bullying you or treating you badly, what should you do?
- Why do bullies do these things?
- 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?

**REMEMBER:** Please fill out the quick survey (1-2 min) following this presentation. Go to Tool Kit page: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>

# NO BULLY ZONE !

IF YOU ARE BEING BULLIED OR SEE SOMEONE BEING BULLIED  
Tell a Teacher, Parent or Trusted Adult



••• Color the circle and the No Bullying line in red.

# Were You Kind Today?

Be nice to everyone.  
Use kind words.



I like you.

Can I help you?

You are not  
my friend.

You are a  
good friend.

Let's eat together.

You are smart.

You are nice.

You can't play  
with me.

You are stupid.

You are special.

Are you ok?

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

# Congratulations!

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**For Completing the lesson**

**No Bully Zone & Were You Kind Today**

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



**Instructor signature** \_\_\_\_\_

**Signature** Rocket  \_\_\_\_\_ **Date** \_\_\_\_\_