HOW OTHERS FEEL
BE KIND ONLINE (Cyberbullying)
BE KIND EVERY DAY
Activity Book: Pages 21-23

OFFICER SCRIPT

Hi Kids:
It's great to be at your school.
Today we're going to talk about FEELINGS ….and about How other people feel.
We will also talk about being kind on line….and how important it is to be KIND EVERY DAY!

We know we have different feelings every day. Sometimes we feel mad, or we feel sad, happy or worried.

Your friends, the kids in your class, and your family, all have feelings just like you do.

If you look at someone's face it might give you a clue about how THEY are feeling.
Watch my face and see if you can tell how I am feeling…

 (show angry face) If you see this face, how do you think I feel?
 (show sad face)   If you see this face, how do you think I feel?
 (show happy face) If you see this face, how do you think I feel?

When you see someone who is mad, or sad or worried, It's important to understand their feelings and see if you can help. This shows that you CARE about other people! It also shows that you are kind to people and you always want to be KIND.

There are many things you can say or do when you see someone who is SAD or MAD …you can say :
 – CAN I HELP YOU?
 – ARE YOU OK?
 – WHAT'S WRONG?

If you see someone crying on the playground you can ask them "what's wrong…do you need some help?" If you see someone sitting alone at lunch time, you can ask to sit with them..and talk with them.
That's being NICE and KIND.

Sometimes it's just nice to be KIND TO OTHERS even if they don't look SAD or MAD. There are many ways to be kind to people. It makes others feel good.
It also makes you feel good when you are being KIND. Here are kind words you can SAY every day:
  — You can tell them that they are a nice person
  — You can tell them that the picture they drew was awesome!
  – You can tell them they have a nice smile

Nice and kind things you can DO are:
– Help clean up at school or home
– Invite someone new to play
– Hold the door open for someone
– Share your toys, books or crayons with someone

It's also really important to be kind and safe on our computers and cell phones.
There is a right way to text and use computers that is friendly and polite and keeps you safe.

Being kind online is saying things like: good luck on your test today, or great seeing you at school. It's important to be polite and friendly with people that you know.

It's important to be nice online or on your phone with your friends and people you know. You might receive a message that makes you feel uncomfortable….
If you receive a text or email from someone you don't know, don't answer it, tell your parents. If you receive a text or email from someone that makes you feel uncomfortable, mad or sad… don't text or email them. If someone makes you feel unsafe, tell your parents immediately. If someone asks you to keep secrets…stop immediately and tell your parents.

So remember….we all have feelings. Watch for other people's feelings. This shows that you CARE about other people.

Now let's do the Rocket's Feelings Promise:
Raise your hand.
  I Promise
  To Be Kind to Others
 To Help People
  To Manage My Feelings
  So I can do my best every day!

Remember, it's really important to be kind to everyone.. By saying something kind and doing something nice for others it makes them feel good and it makes you feel good. At home, at school, and online, be kind and nice every day!

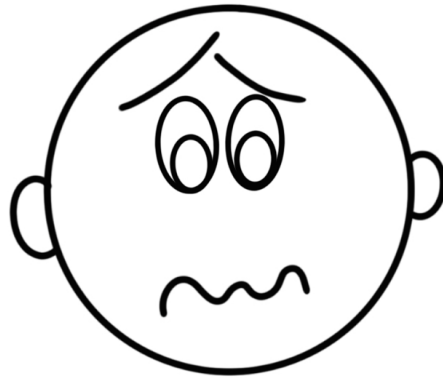It's been great visiting with you today. You're a great class. See you soon!

HOW OTHERS FEEL

Caring for others is important. Take time to look for clues to understand how others are feeling.
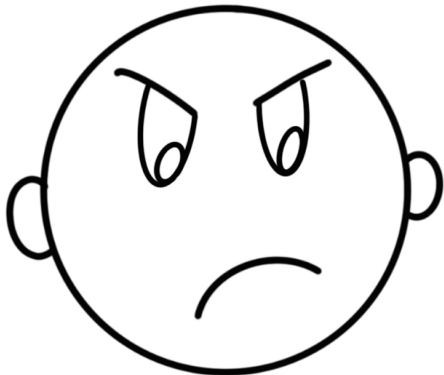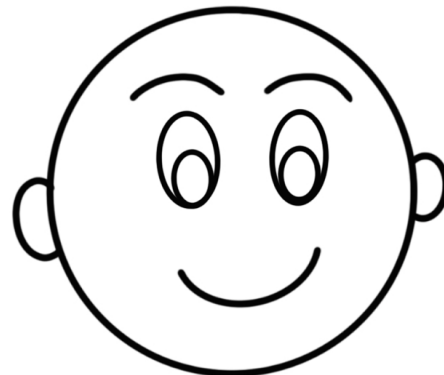
This person feels

_____

This person feels

_____

This person feels

_____

This person feels

_____

WORD BANK

Happy   Mad

Sad   Worried

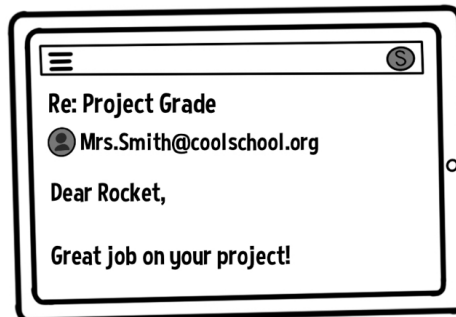Finish the sentences by using the word bank. Then, color the pictures.

BE KIND ONLINE

It is important to be kind and safe on our phones and computers. If someone is saying something unkind or makes you feel unsafe, tell an adult you trust.

A safe message:

1. Comes from someone you know
2. Is kind
3. Does not ask you personal information
4. Does not ask you to keep secrets

Have a great day!

M
MOM
Good luck on your test today!

Re: Project Grade
Mrs.Smith@coolschool.org

Dear Rocket,

Great job on your project!

Re: Party
Granny@email.com

Dear Rocket,

Our family party starts at 5:30!

123-456-7890

Where do you live?

Circle the phones and computers with safe messages.
Put an "x" on unsafe messages.

BE KIND EVERY DAY

It makes others feel good when you are kind to them.
It also makes you feel good when you are being kind!

Every day there are many ways to be kind using words or actions.

KINDNESS
WORDS

That is a great idea!

You can go before me!

Can I help with that?

MENU
ACTIONS

Invite someone new to play

Help someone clean up at school or home

Hold the door open for someone

Look at the kindness menu. If you have been kind in that way, color the items BLUE. Choose one way to be kind every day and circle it with GREEN.

Congratulations!

For Completing the lesson

How Others Feel, Be Kind Online,
Be Kind Every Day

You're a Rocket Finding Feelings
Super Star!

Instructor signature

Rocket 🐾

Signature _____ Date _____