

OFFICER/ROCKET SCRIPT

“NO BULLY ZONE” and “WERE YOU KIND TODAY?”

ACTIVITY BOOK:

Sense of Safety & Beyond! Volume 2

Rocket:

Hi, everyone! It's me, Rocket.

It's wonderful to be back in your classroom today.

A special hello to TEACHER. Thanks for letting me come back to your classroom so we can learn more together! And I can't forget about my friend Officer __, great to see you today!



Officer:

Happy to be here Rocket!

Rocket:

Now, I want you to know that, I care about your safety and I care about you! That's why I'm so happy to be back at (name of school) to teach everyone about being kind to others. Remember last time we talked about our 6 senses? Great! Let's Review them together! Show me a thumbs up if you're ready to review! FANTASTIC!

6 Senses Review:

Let's start with SIGHT -Blink your eyes 3x – your eyes help keep you safe by looking for crosswalks, traffic signals and any cars coming.

Next is HEARING - Point to your ears – great – your ears hear sirens and cars coming too!

Third, SMELL - Point to your nose your nose helps you smell things like a burning fire! So, if you smell smoke, remember to stay away!

Point to your mouth for me? GREAT!

What TWO things do we do with our mouth? (Taste and Talk/Speak) Right! You have your sense of taste and let you know how good ice cream is..but also if something is not safe, or if it's poisonous and your voice lets you shout for help when you need it!

Ok let's wiggle fingers together. Fantastic! Remember, that's your sense of touch! your fingers will let you know if things are too hot or dangerous to touch.

Now, we do have a 6th sense. Let's rub our bellies together. GREAT! Our 6th sense is that feeling in our tummy that something might feel unsafe or something isn't quite right. Our 6th sense is ALL of our senses working together to help keep us SAFE!

Remember, YOUR superpower IS your 6th sense! Trust Your Feelings. If it doesn't feel right. Don't DO IT. Give me a thumbs up if you agree. GREAT!

That's fantastic everyone! Great job reviewing your senses, especially that SIXTH SENSE.

Now, today I'd like to talk to you about something very important: the problem of bullying at school and in the neighborhood.

Lesson begins:

Sometimes kids can be really hurtful and mean. Bullies often pick on smaller kids and kids who look different from them. Raise your hand if you've seen something like that happen. Unfortunately, some kids are not kind. They tease you and make fun of you...and continue to do it over and over again and won't stop.

This is called Bullying.

No one should pick on you...because of your hair color, skin color, or what you are wearing. Raise your hand if you've seen something like this happen. **THIS IS NOT OK!** We should always respect people for who they are. We want to be kind to everyone.

Unfortunately, a bully might even hit you for no reason, take your lunch money or even your lunch or food. A bully will tell lies about you or call you names like loser or stupid. Raise your hand if anyone has said these things to you. This is very mean...and very wrong. I KNOW that it makes you feel sad, and it makes me feel so sad when kids are mean to each other.

If you are bullied it can make you feel worried and anxious, and you may not be able to sleep at night.

Bullies can be boys or girls, of any age and any race or color. Bullies make you feel bad and unsafe. So, Raise your hand if you wonder why bullies do these things. Do you ever wonder why bullies are not kind? Well, Bullies don't feel very good about themselves.

They often feel angry and want to control you. This makes them feel powerful. They do this on purpose. They want you to feel BAD so they can feel GOOD.
Anyone, any age, can GET bullied and it can happen anywhere.

If you GET bullied..... Here's what to do....

Tell the bully to "STOP" ...then WALK AWAY....

And find an adult you trust and tell them what happened. I think we should practice saying stop on the count of 3, 1..2..3 STOP. Let's do that one more time. Let's say stop on the count of 3 1-2-3-STOP! Great job everyone! That is very brave of you.

You should always TELL An ADULT YOU CAN TRUST.... Like your teacher, an adult on the playground, or your parents or grownups at home.

The things a bully says or does may make you really mad...but, NEVER fight with a bully. ALWAYS walk away. Give me a thumbs up if you agree and understand.

Bullying can happen at school or in the neighborhood, but it can also happen on a computer or cell phone. This is called cyber-bullying. Raise your hand if you have heard of this before. This is when the bully may say mean things about you or make up things about you on the internet and social media. Do not email or message them back. Remember, TELL YOUR PARENTS right away or an adult you trust, like your teacher.

And, if you SEE someone being bullied, what should you do?

It's important for YOU to stand up for THEM.

You should use your voice to tell the bully to "STOP" not saying anything can make things worse AND they will keep doing it.

And if the bully does not stop you have to go tell an adult you trust right away! Let's practice saying stop one more time 1,2,3..STOP!

Remember how I said bullies don't feel good about themselves, well, bullies need help too... They need to talk to adults and school counselors so they learn how to treat others with kindness and they can find ways to feel better too.

Sometimes kids feel lonely. Maybe they have been bullied, maybe they have no friends, or they are new to your school. You might see them sitting alone. There are some things we can do to show kindness to them and to others.

One way is to say nice things to them and ask them to play with you. It makes the other person feel nice...and you will too

Another friendly and kind thing you can do is to go up to them and just talk to them, using kind words. Ask them if they are OK and Listen to them. THAT'S a wonderful way to make a new friend.

Here are some kind words you can say or ask someone

- Let's eat together
- You are special
- You are smart
- You are a good friend

Here's a few MORE too!

- I like you!
- Can I help you?
- Are you ok?
- You are nice

Now turn to your buddy sitting next to you and let's practice saying something nice to each other, you can say something like you are very kind or do you want to play with me? Great job everyone, I heard a lot of kind words out there.

If you say something mean and hurtful, like:

- You are not my friend
- You can't play with us
- You are stupid
- You look funny

You must apologize immediately. And say I'm sorry. Kind kids don't use these mean words or do mean things to other kids. Give me a thumbs up if you agree. Fantastic!

Remember, always treat people with kindness and respect. It brings people together and it's the right thing to do.

We are not all the same, but that's what makes us so special. We should always Respect people for who they are.

HAVE A KIND HEART!

Together we can put a STOP to Bullying.

Give yourselves a BIG HAND for listening and learning about being a kind friend to others. I know Officer/Teacher has a little more he wants to tell you about being kind and respectful to others and when you have completed the lesson, your teacher will have a special certificate for each of you.

Officer _ can I have a few of my friends here ask me questions about being a friend or being kind to others??

Officer:

Sure Rocket!

**** ALLOW TIME FOR 3-5 QUESTIONS ****

Rocket:

Those were some great questions. Thank you for being brave and for sharing your feelings with me today. This means you're one step closer to being a Rocket Safety Super Star! What do you think Officer _ , do you think we have enough time to dance a bit before I go?

Officer:

That's my favorite part, Rocket! Ok let's all stand up and make sure you have some room to show Rocket your best moves!

Rocket:

Wow! School Name has some amazing dancers! Thank you so much for having me back in your class today. Now, before I go, I think we should say my Rocket Pledge. So, I want YOU to repeat after ME

ROCKET PLEDGE:

I promise (I promise)

To never bully anyone (To never bully anyone)

To respect others (To respect others)

And to always be kind (And to always be kind)

Remember ME, Rocket, as you're being KIND to others! Don't forget that I care about your safety and I care about you too!

Now I'm going to my next school ... until I see you next time here's my ROCKET HOWL... ****HOWL****....Now let's HOWL TOGETHER on the count of 3.....1, 2,3.... ****HOWL**** That was fantastic!

Now don't forget to have a kind heart wherever you are! I care about you, and I want you to show others you care about them too!! Until I see you next time, bye!

Officer/Teacher led followup questions

ASSESSMENT/REFLECTION QUESTIONS:

- If someone is bullying you or treating you badly, what should you do?
- If you see someone being bullied, what should you do?
- Why do bullies do these things?
- What should you do if you are bullied on your computer or on the cell phone?
- Why should we say nice things to people?
- What are some kind things to say?