

PLAN AHEAD

Take the bull out of bully behavior!

Materials: Worksheets, bully templates, pencils
Directions: Read the worksheet, complete the activity and discuss with the Group.

What are some of the ways bullies act? They can call you names, take your lunch, threaten to hurt you... there are many ways a bully can act.

So, what do you do when you meet a bully? Cry and run for cover?

No. You create an action plan to stop the bully!

Bullies choose their behavior — just like we can choose how to react to their behavior. If we plan ahead, our choices are easier to make and put into quick action.

It's like practicing piano or a sport: When it's time to really play, you've practiced so much you're ready for the challenge!

Today, we're going to plan choices we can make to stop bully behavior.

STEP ONE

Let's brainstorm types of bully behavior. Raise your hand if you have an idea and we'll call on you. Write everyone's ideas on your bully template under "Bully behavior."

STEP TWO

Next, think of choices we can make to stop bully behavior. Once again, raise your hand if you have an idea. Write everyone's ideas on your bully template under "How I choose to act."

STEP THREE

At the end of the activity, we'll discuss our choices when we run into a bully.

TAKE THE BULL OUT OF BULLY BEHAVIOR!

Bully behavior	How I choose to act
Calls people names	Stand tall and act confident
Tries to start fights	Use humor
Kicks and hits others	Shout "Leave me alone!" or "No!"
Makes fun and won't stop	Tell an adult or friend who can help
Teases people on the bus	Ask for a new seat assignment





Bully behavior	How I choose to act