

# Day of Kindness

## Elementary Anti-Bullying Lesson

April 7, 2004

**Title:** Bullying and Kindness

**Goal:** Create/improve the school climate of all SFUSD school sites.

**Objectives:** By the end of the session, the student will

- be able to identify kindness behaviors;
- be able to identify bullying behaviors;
- better appreciate how their District, school and classroom are committed to putting an end to bullying.

**Time:** 30 minutes (pre-K- grade 2)      45 minutes (grades 3 -5)

### **Materials and equipment:**

12" x 18" paper – Grades pre-K- Kindergarten

Attached story sheet – Grades 1 - 2

Friendly Letter template – Grades 3 - 5

Crayons, markers, colored pencils, pencils (as appropriate)

Chalkboard or flip chart

### **Procedure**

#### **Anticipatory Set: (5-10 minutes)**

1. Ground Rules Review: (either use those below or reinforce your own)
  - No one has to talk unless they want to
  - Respect what other people say; no laughing
  - One person talks at a time
2. Defining Bullying: Ask students the following questions:
  - When you are in class, on the bus, at recess or in the cafeteria what have you seen someone do to another student that makes the student feel good?
  - What have you seen someone do to another student that makes the student feel bad?
  - (If appropriate) What it means to be a bully?
  - **Pre-K - 2** – Tell students that sometimes when someone does something to make someone feel bad, *that* person is being a bully. Bullies hurt people by calling them names, by hitting them or kicking them, or by telling them they don't want to be friends with them.
  - **Grades 3 - 5** – Formulate a class definition of bullying (Bullying is when someone tries to hurt someone else with their words, or with their body. Bullying is done on purpose and is repeated. It can be physical – including hitting, spitting or taking personal belongings; verbal as in name-calling or making threats; or psychological, such as spreading rumors or excluding someone socially.)

Tell students that today is **A Day of Kindness** in San Francisco Schools; that all of the teachers and Principals at every elementary, middle and high school want the San Francisco schools to be places where there are no bullies and where there is kindness and respect for everyone. Every class is talking about kindness and bullying today.

**Activities: (20-25 minutes)**

3. Scenarios:

➤ **Pre-K - 2**—Review definition of bullying and definition of kindness. Read the following scenarios. Have students raise their thumbs if someone was being kind and put their thumbs down if someone was being a bully. Invite discussion if appropriate

- At recess Jessica showed Ming how to jump rope.
- Joy told Shamika that she was not her friend and that she didn't want to play with her.
- Kevin called Sean "stupid" because Sean wouldn't share his carrots.
- Leslie helped Matt when he fell down at recess.
- Toby called Benjamin a *baby* because he did not know how to tie his shoes.
- Flora took turns sharing the ball at recess while shooting baskets.
- Ronald took cuts in the lunch line and tried to take Amara's lunch.

➤ **Grades 3 - 5**—Choose 3 scenarios from the following list to read to students. Ask questions and discuss what students might have done to help the student who was bullied.

- During PE class Tom took Juan's ball and wouldn't give it back to him. How did Juan feel?
- At recess Sandra tripped John while he was jumping rope. Why did Sandra trip John? How did John feel?
- At lunch Carol told Shamika that she wasn't her friend and didn't want to sit next to her. Why did Carol say that to Shamika? How did Shamika feel?
- Sau Ling was reading a book during silent reading. Joe pushed her and took her book. He told her that she was "stupid." Why did Joe push Sau Ling? How did Sau Ling feel?

4. Writing/Drawing Activity:

➤ **Pre-K - 2**—Students draw, color and either write or dictate a time when they were kind at school. Use story sheet attached. Pre-K and Kindergarten can use 12" x 18" paper and dictate sentences.

- **Grades 3 - 5**—Use attached letter template to write a friendly letter to someone who has been bullied. Students should include:
  - How they think he or she must feel
  - Why bullying is not okay at school
  - What students will do to be kind to the person who was bullied

### Closure/ Wrap Up:

- **Pre-K - 2**—Make a class book titled I Am Kind at School. Have students read their own pages in front of the class. Put in classroom library.
- **Grades 3 - 5**—Students can share letters with the class. Review what they might do if they see someone who is being bullied.

### Extensions:

- Teach additional lessons on Anti-bullying and anti-violence. *Actions for Health* curriculum is available in all elementary sites. Contact your Health Advocate for other curricula including *Don't Laugh at Me* and *Kid Hits*.
- Make ant-bullying posters to hang in school hallways.
- Read and discuss one of the following books related to bullying:
  - *The Sneetches* by Dr. Seuss --for all ages
  - *Move Over Twerp* by Martha Alexander --for ages 4-7
  - *The Big Bad Bully Bear* by Ginnie Hofmann --for ages 4-7
  - *The Berenstain Bears, No Girls Allowed* by Stan and Jan Berenstain --for ages 4-8
  - *The Berenstain Bears and the Bully* by Stan and Jan Berenstain --for ages 4-8
  - *Mean Maxine* by Barbara Bottner --for ages 5-7
  - *Tyrone the Horrible* by Hans Wilhelm --for ages 5-8
  - *Maxine in the Middle* by Holly Keller --for ages 5-8
  - *Chrysanthemum* by Kevin Henkes --for ages 5-8
  - *Loudmouth George and the Sixth Grade Bully* by Nancy Carlson --for ages 5-8
  - *Camp Big Paw* by Doug Cushman --for ages 5-8
  - *Who's Afraid of the Big, Bad Bully* by Teddy Slater --for ages 6-8
  - *The Berenstain Bears and the In Crowd* Stan and Jan Berenstain --for ages 6-10
  - *What a Wimp* by Carol Carrick --for ages 7-10
  - *Joshua T. Bates Takes Charge* by Susan Shreve --for ages 7-10
  - *Bully on the Bus* by Carl W. Bosch --for ages 7-11
  - *Finding the Green Stone* by Alice Walker --for ages 7-11
  - *Mitch and Amy* by Beverly Cleary --for ages 8-12
  - *Bullies are a Pain in the Brain* by Trevor Romain --for ages 8-13
  - *Fourth Grade Rats* by Jerry Spinelli --for ages 9-12
  - *Crash* by Jerry Spinelli --for ages 9-12

Name \_\_\_\_\_

At school I am kind when I \_\_\_\_\_

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