

Activity & Resource sheets

8-10
years



Contents

Activity sheets 8-9

A family story	1
Being bullied	2
Choices and consequences (a)	3
Risk-o-meter	4

Activity sheets 9-10

Bullying situation cards	5
Character study	6
Manners	7
Standing up for your beliefs	8
The friendship shuffle	9
What do I do?	10
What goes on here?	11

Resource sheets 8-9

Choices and consequences (b)	12
I could try...cards	13
Is this bullying?	14
Is this situation harmful?	15
New boy	16
Ouch! That hurts!	17-18
Situation cards (a)	19
Situation cards (b)	20
Story of young Wilbur Chapman and his pig Pete	21
Types of bullying	22

Resource sheets 9-10

A rainy day in Shape Town	23
Conflict situations	24
Decision-making model	25
Feelings charades	26
Friendship firsts	27
How do I avoid bullying others?	28
Shape Town	29
Shapes from Shape Town	30
Shoe shuffle	31
Situation shuffle: Values	32
Snakes and ladders	33
Sorting out a conflict	34
Template for shape wall	35
What is bullying?	36
When it's okay to say "no"	37

Name: _____

A family story

Talk to someone in your family about a bullying situation they experienced or saw as a child, or a bullying situation you might have seen. Together, use your Action Plan to think about the situation and decide what actions could have been taken to safely help to stop the bullying.

<p>Situation</p>
<p>Action</p>
<p>Why this action?</p>
<p>What do you think would have happened next?</p>
<p>What would you do if your first action failed?</p>

Name: _____

Being bullied

<p>You are being bullied by the same group of students every week.</p> <p><i>How does it feel and what can you do about it?</i></p>	<p>You are being bullied by an older student.</p> <p><i>How does it feel and what can you do about it?</i></p>
<p>You are being bullied by one of your good friends.</p> <p><i>How does it feel and what can you do about it?</i></p>	<p>You are being bullied by your older brother or sister.</p> <p><i>How does it feel and what can you do about it?</i></p>
<p>You are being bullied by a student from another school when walking home.</p> <p><i>How does it feel and what can you do about it?</i></p>	<p>You are being bullied by other students on the school bus.</p> <p><i>How does it feel and what can you do about it?</i></p>
<p><i>How does it feel and what can you do about it?</i></p>	<p><i>How does it feel and what can you do about it?</i></p>

Name: _____

Choices and consequences (a)

What is the situation?

Each recess you notice an older student playing soccer with a group of junior school students. The older student is much bigger than the other students and always has the ball. The older student constantly yells at the younger students, telling them off and calling them things like ‘stupid’ and ‘useless’. You can see the younger students are not happy or enjoying the game.

Plan – What could I do?

What might happen?

Choice 1

+

-

Choice 1

+

-

Choice 1

+

-

Decision

Name: _____

Risk-o-meter

Students can colour this risk-o-meter:

Very low – light green

Low – light blue

Moderate – yellow

High – light orange

Very high – dark orange

Extreme – red



Name: _____



Bullying situation cards

SITUATION 1

You see a student putting rubbish in another student's school bag every day.

How would you feel?

What would you do?

SITUATION 2

A student sends an SMS with a nasty picture of you to the class. Some people then send it to other people outside the school.

How would you feel?

What would you do?

SITUATION 3

A group of students threaten to hurt your group if you don't give them your lunch money each morning or if you tell a teacher.

How would you feel?

What would you do?

SITUATION 4

A group of students plays basketball every day, but they refuse to let you join in each time you ask them.

How would you feel?

What would you do?

SITUATION 5

A group of students writes untrue and very hurtful statements about you and your family on a blog.

How would you feel?

What would you do?

SITUATION 6

A student keeps taking your pencils and breaking them in half, then giving them back while the teacher is not looking.

How would you feel?

What would you do?

SITUATION 7

An older student teases a member of your group all the time and says she will hurt you if you tell the teacher.

How would you feel?

What would you do?

SITUATION 8

A group of students has taken over an area at school that they say is only for them. They threaten you and your friends each time you come near that area.

How would you feel?

What would you do?

Name: _____

Character study

A Bug's Life

Characters	Ringleader	Being Bullied	Contributor	Supporter
Hopper	✓			
Other grasshoppers				
Flik		✓		
Queen		✓		✓
Princess Atta				✓
Dot				
Circus bugs				

TV show or movie _____

Characters	Ringleader	Being Bullied	Contributor	Supporter

Name: _____



Manners

<p>Situation: A new student sits in the seat by the window where you always sit.</p> <p>Don't:</p> <p>Try:</p>	<p>Situation: You are staying the night at a friend's house. Their family makes minestrone soup for dinner. You hate minestrone soup.</p> <p>Don't:</p> <p>Try:</p>
<p>Situation: In art class you spill paint all over the desk, but nobody—including the teacher—notices.</p> <p>Don't:</p> <p>Try:</p>	<p>Situation: You have a group assignment due in three days. You have finished everything you need to do, but your group-mates haven't done any work yet.</p> <p>Don't:</p> <p>Try:</p>
<p>Situation: At school you are in the computer lab surfing the net when you're supposed to be doing work. You accidentally open a site that infects the computer with a virus.</p> <p>Don't:</p> <p>Try:</p>	<p>Situation: Your friend asks to borrow your mobile phone after school. Your parents bought you the phone and told you to only use it in emergencies.</p> <p>Don't:</p> <p>Try:</p>
<p>Situation: At the school disco, another student asks you to dance with them. You don't want to dance.</p> <p>Don't:</p> <p>Try:</p>	<p>Situation: You are allowed to invite 10 good friends to your party. You are approached by a friend who wants to come but wasn't invited.</p> <p>Don't:</p> <p>Try:</p>

Name: _____



Standing up for your beliefs

<p>You are at the shops and see an older boy take a packet of lollies and slip it into his jacket pocket. He tries to leave without paying.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>	<p>In your maths test, the student sitting next to you asks to look at your answers.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>
<p>At recess, a young student gets the last soccer ball from the sports shed. You see an older student approach him and try to take the ball away.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>	<p>You're group is playing a game where there is no restriction on the number of players. Another student asks to join in the game but your friends say you already have too many players.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>
<p>While you are walking to the bus stop with your friends, one of them says she thinks it would be fun to throw rubbish at cars driving past.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>	<p>There is a long line at the sausage sizzle. You have been waiting for some time when another student tries to cut in ahead of you.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>
<p>You are in the computer labs working on a group assignment. The assignment is due tomorrow and you aren't finished. The rest of your group starts looking up inappropriate information on the Internet.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>	<p>For a treat, your teacher brings in board games to play. There are not enough games for everyone to play, so the class must take turns. One group has played the same game three times in a row and refuses to let anyone else have a turn.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>

Name: _____

The friendship shuffle

<p>Your teacher sits a new student in the school next to you.</p> <p><i>What can you say?</i></p>	<p>New people move in next door and you notice they have a child about your age.</p> <p><i>How can you meet her?</i></p>	<p>You always seem to be standing near the same boy every morning waiting for the school bus. You would like to make friends with him.</p> <p><i>How can you start up a conversation?</i></p>
<p>A student in your class lends you a pencil when yours breaks. You want to let them know that you appreciate it.</p> <p><i>What can you say?</i></p>	<p>A member of your athletics team is trying very hard but not being very successful in helping your team win.</p> <p><i>How can you encourage him?</i></p>	<p>When you play online games with your friend, you usually beat them. However, your friend has just beaten you.</p> <p><i>How can you show him that even though you lost, you still enjoyed the game?</i></p>
<p>At lunchtime there is a regular group of students who play basketball. You really enjoy playing basketball too.</p> <p><i>How can you join in?</i></p>	<p>You are new at school and another student is asked by the teacher to give you a tour.</p> <p><i>What could you talk about as you are having the tour?</i></p>	<p>You are visiting Timezone and want to play air hockey, however, you don't have anyone to play against. There is a single player next to you.</p> <p><i>What can you say to ask him to play a game with you?</i></p>
<p>You are playing beach cricket and need an extra player. There are some kids about your age who are swimming.</p> <p><i>How can you ask them to join in?</i></p>	<p>You would like to start up a school band.</p> <p><i>What are some ways you could try to recruit people?</i></p>	<p>In your online chat room someone mentions that they live in the same area as you.</p> <p><i>What could you talk about?</i></p>
<p>At school some kids you don't know are talking about your favourite online game. It is clear they like playing it too.</p> <p><i>How could you join in the conversation?</i></p>	<p>Your ideas...</p>	<p>Your ideas...</p>

Name: _____

What do I do?

The Situation	I feel, I think	I should not	I should
<p>You are telling a story to your friends when another student interrupts you and starts telling their own story.</p>			
<p>You're playing doubles table tennis at lunch. Your partner is very bad and keeps missing the ball.</p>			
<p>You have a sleepover with friends on the weekend. One of your friends says they can't come and you find out later that they went to the movies with some other students.</p>			
<p>At lunch, you are rushing to the sports shed and another student steps on the back of your shoe. It was an accident but they don't apologise.</p>			
<p>Every day for the whole week, a friend of yours has asked to borrow money from you to buy food at recess.</p>			

Name: _____

What goes on here?

Types of bullying behaviour	Every day	Quite often	Every now and then	Hardly ever	Never
Calling someone names					
Teasing someone about how they look					
Not letting someone join a group					
Sending nasty text messages					
Making fun of other people on social networking sites, e.g Facebook					
Physically hurting someone					
Telling secrets about someone to others to hurt them					
Trying to break up a friendship to hurt someone					
Making someone feel afraid by threatening them					
Telling someone they wouldn't be their friend unless he did what they said.					
Deliberately destroying, damaging or stealing someone's things					
Sending nasty or threatening messages while chatting on the Internet, e.g. <i>through MSN or a chat room</i>					
Deliberately ignoring or leaving someone out of things over the Internet					
Using someone's screen name or password to hurt them					
Posting nasty or threatening comments or messages on social networking sites or other websites, e.g. MySpace, Facebook					
Posting unkind pictures/video clips on websites to embarrass, hurt or upset someone, e.g. MySpace, YouTube, a blog.					

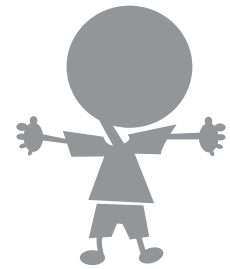
- What do you think is the most common type of bullying at your school? _____
- What can you do to help stop this type of bullying? _____
- Who can you go to for help to stop bullying in your school? _____

Name: _____

Choices and consequences (b)

What is the situation?

Jane is on her front lawn at home and her friend says to her “Look there’s that kid on the roller blades again, let’s go and chase her and push her off”.



Choice 1



I could go along with my friend.

Choice 2



I could suggest we do something else.

Choice 3



I could say ‘I don’t want to bully that kid or cause her to be hurt’.

Consequences 1



Good

I do what my friend wants so she will still like me.

Consequences 2



Good

My friend will still like me.
The kid on roller blades won’t get bullied.

Consequences 3



Good

I won’t be bullying.
I won’t hurt anyone.
I won’t get into trouble.
I will say how I really feel.



Not so good

The kid on the roller blades might get hurt.
I might get into trouble for bullying the kid on the roller blades.



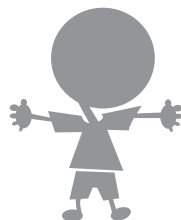
Not so good

My friend might still want me to go and bully the kid on roller blades.



Not so good

My friend might not like me any more.



Decision

I will try number 2 and suggest we do something else first and if she or he still wants to bully the kid on roller blades I will try number 3 and say I don’t want to be involved in bullying.

Name: _____

 I could try... cards

I could try... playing with some of my other friends.

I could try... wearing better climbing shoes.

I could try... to see it as a great chance to make some new friends as well as keeping my old friends.

I could try... to eat less next time.

I could try... suggesting that we have a picnic in our backyard instead.

I could try... to make sure I wear shin pads next time I play cricket.

I could try... putting it somewhere to dry and then seeing if there is a way to fit it.

I could try... watching less TV.

I could try... congratulating the person who got the part and telling myself that I will get a turn at the next assembly.

I could try... to take more care when getting out of the car.

I could try... talking to an adult and asking them for help.

I could try... to stop running about the pool.

Name: _____



Is this bullying?

<p>As he is playing chasey at recess a Year 4 boy runs past a Year 1 girl and knocks her drink bottle out of her hand. The Year 1 girl is upset but the Year 4 boy doesn't notice and keeps running.</p>	<p>A child in your class teases another classmate each day about his hair. This makes him feel sad and not want to come to school.</p>
<p>A Year 3 girl punches another Year 3 girl on the arm every time she walks past her in the classroom. The punches are hurting her and she is frightened of the other girl.</p>	<p>Two boys have an argument over whose turn it is to bat and they begin to fight. Both boys are equally to blame and shouldn't be fighting.</p>
<p>A group, who were your friends last week, stopped letting you be part of their group this week. They say nasty things about you every time you try to join in and you don't know why.</p>	<p>All the students in class have given the nickname 'greeny-head' to Paul, because he swims a lot and his hair is a little green. Paul hates this nickname.</p>
<p>A student you are working on a project with on the computer, logs on as you and sends really scary messages to other students in your class.</p>	<p>A friend is visiting your house and suggests you use your parent's mobile to ring people and call them rude names and then hang up.</p>

Name: _____



Is this situation harmful?

<p>1. You are walking to the playground and you pass a younger student sitting on the edge of an area where some other students the same age are playing. You notice the student sitting alone is looking very sad and you see one of the other students who is playing, point at the student sitting alone, say something to the other students and laugh.</p>	<p>2. You are playing soccer on the oval and you see a group of older boys teasing another boy from their class. The group you are playing with all stop to see what is happening and you see the group of older boys push the other boy over. Then you see one of the boys kick the boy on the ground.</p>
<p>3. Every day when you walk out to recess some of your friends walk behind a boy in your class and copy the way the boy is walking or moving. They copy whatever he does. They try to talk others into doing it too. The boy knows they are doing it and tries to ignore them, but you can tell it upsets him.</p>	<p>4. There is a girl in your class who is picking on another girl in the class. The teacher doesn't see what is happening because this always happens when the teacher is not looking. She makes faces and throws little pieces of paper at the other girl and then pretends to cry whenever the girl looks upset. Everyone in the class knows what is going on, but this unkind girl is bigger than anyone else and can be very rough.</p>
<p>5. You are a member of Club Penguin and start getting messages from someone you don't know. They ask you to tell them personal information about yourself.</p>	<p>6. A student in your class gets up from their computer and forgets to log off. Another student sits down and starts working on it. You notice they are looking at sites they should not be on.</p>

Name: _____



New boy

Jeremy is a big boy and he loves to play footy. His family have moved around a lot because of his dad's job. This means Jeremy has to change schools a lot too.

Jeremy finds it hard making new friends only to leave them again and again.

When Jeremy came to our school I could see that he was a bit sad about changing schools again and he seemed to be a bit grumpy with everyone on his first day. At recess we all went out to the playground. Jeremy hung back and watched as my friends and I grabbed a football from the sports basket and started to kick. Jeremy just sat on the edge of the oval and watched that first day and we carried on playing.

The next day at lunchtime Jeremy came out to the oval again. This time as one of my friends, Shaun, ran to mark the ball, Jeremy leapt up and ran to where the ball was coming down. As Shaun marked the ball, Jeremy tackled him and slammed him into the ground face first. Jeremy jumped up with the ball and kicked it as far as he could, then turned his back to us with a big smile on his face. Shaun staggered to his feet and I could see he was trying not to cry, but I didn't want to say anything because it might embarrass him.

The boys at the other end got the ball back and kicked it down our end again. The game continued for a while but I could see that every time Shaun went for the ball Jeremy would push him and punch his arms.

As the ball came back another time Jeremy ran up behind Shaun and jumped up so his knees pounded into Shaun's back. Jeremy took the mark and fell down with Shaun underneath him.

This time Shaun did cry and I helped him up and walked him to the duty teacher.

Jeremy was called over to the duty teacher and we were all asked to explain what had happened. Shaun wasn't the sort of person to try to get others into trouble but he was clearly upset. He explained to the teacher that Jeremy was being way too rough and was picking on him. I also said that Jeremy seemed to be picking on Shaun.

We all looked at Jeremy and I was surprised to see that he had tears in his eyes. He just stood there and said nothing. The duty teacher sent Jeremy to the time-out area and we didn't see him for the rest of lunchtime.

After lunch Jeremy came back to the class from the office with our teacher Mr Brown. Mr Brown asked all of my footy friends and me to come outside the classroom door. Jeremy went inside and sat down to silent reading with the rest of the class.

Mr Brown explained to us that Jeremy had been to many different schools and didn't get the chance to make good friends before he had to move again. But this time his father had a new job that would allow the family to stay for a few years in the one place. Mr Brown said that Jeremy was a pretty shy boy who didn't really know how to make new friends. He explained that Jeremy loved footy and had noticed our group did too. He wanted to join in and he was hoping that if we thought he was really good at footy we would want to be his friend.

Jeremy had watched us play on the first day and noticed that Shaun was a really good player, so Jeremy thought that if he could beat Shaun to the ball and kick it a long way we would all think he was really cool.

It all began to make sense. We had actually become a bit afraid of Jeremy and thought he was bullying because he was big and rough, when all he really wanted was to make friends and play footy.

Mr Brown told us he had explained to Jeremy what he had done wrong and suggested some better (more positive) ways of joining in with us. He said that he had told Jeremy that he would speak to us and ask us if we would give Jeremy a second chance.

We all looked at each other and then at Shaun, because he had been the one getting hurt. Shaun smiled and said, 'I'm willing to give him a go if you are', and we all agreed.

As we walked back into the classroom we all walked passed Jeremy's desk and he looked up at us nervously. As Shaun walked by he patted Jeremy on the shoulder and said, 'See you out at footy tomorrow?'

Jeremy looked so relieved and he smiled and said quietly, 'Yes please, and I promise I will play by your rules.'

So it just goes to show, sometimes you have to get to know someone to see what they are really thinking.

Jeremy has been at our school for two years now and we are all mates. We started playing footy on the weekends together. Jeremy and Shaun are our best players and have a great friendship.

Name: _____



Ouch! That hurts!

You are enjoying a game with friends and they say you can't play anymore.	You fall out of the tree you are climbing with your brother and injure your arm.
You are placed in a class at the beginning of the year and all your friends are in the class next door.	You are sick from eating too much food at a party.
You have been promised a picnic in the park and when the weekend arrives your parents say there is not enough time.	You are hit in the leg by a cricket bat.
You have nearly finished a painting when someone runs past and spills water all over it.	You have a really bad headache from watching too much TV.
You are not chosen for the part you would like in the class assembly.	You catch your thumb in the car door.
Three students in your class take your lunch every day and laugh at you.	In front of your friends, you slip over while running around the pool.

Name: _____

Ouch! That hurts!

<p>✓ Emotional Physical</p>	<p>Emotional ✓ Physical</p>
<p>✓ Emotional Physical</p>	<p>Emotional ✓ Physical</p>
<p>✓ Emotional Physical</p>	<p>Emotional ✓ Physical</p>
<p>✓ Emotional Physical</p>	<p>Emotional ✓ Physical</p>
<p>✓ Emotional Physical</p>	<p>Emotional ✓ Physical</p>
<p>✓ Emotional Physical</p>	<p>Emotional ✓ Physical</p>

Name: _____

 Situation cards (a)

SITUATION

Someone is calling you horrible names almost every day.

SITUATION

Someone hits or kicks you whenever he or she sees you.

SITUATION

Each morning a group of students threatens to hurt you if you don't give them your lunch money.

SITUATION

Some students turn their backs on you and ignore you every time you try to talk to them.

SITUATION

A student has been telling awful, untrue stories about you to turn your friends against you.

SITUATION

A student keeps taking your pencils and breaking them in half, then giving them back while the teacher is not looking.

SITUATION

An older student teases you all the time and says he or she will hurt you if you tell the teacher.

SITUATION

A group of students has taken over an area at school that they say is only for them and you can't go there.

Name: _____

 Situation cards (b)

SITUATION

You see someone throw another student's bag in the mud at the bus stop. You are annoyed because they always do horrible things to this student.

SITUATION

You see a student your age punching a younger student every time he or she sees that student in the playground.

SITUATION

During the last week a couple of the students in your group have not let another student join in your games at recess and lunchtimes.

SITUATION

Another student has tripped your friend over on purpose a couple of times in the playground while you are trying to play. It is upsetting your friend.

SITUATION

A person in your class keeps interfering in the game of some younger students by running through the middle and kicking the ball away. They don't know what to do.

SITUATION

A small group of students keep emailing another student in your class calling them names and making comments about his or her size.

Name: _____



Story of young Wilbur Chapman and his pig Pete

Retrieved from <http://www.leprosy.ca/Document.Doc?id=47> (2010)

This story is about how the very first piggy bank came into being.

In 1913 a young boy called Wilbur Chapman lived in Kansas. Around that time, Kansas was mostly made up of ranches and farms. The people did not have a lot of money. They grew grain and raised pigs, chickens and cows. They didn't have guests very often—especially not guests who could talk about their travels to exciting countries like Mr Danner could. Mr Danner was a missionary. A missionary is someone who goes to other places to do charity work to help people in need.

Mr Danner spoke of the work he had done with his friends in China, Africa and India who helped men, women, boys and girls who had leprosy. He had come to Wilbur's house because he was raising money for the people who suffered from leprosy.

Leprosy is a disease that causes sores all over the body and these sores usually left horrible scars. Leprosy was quite common many years ago but not much was known about the disease in those days and people were very frightened of anyone who had leprosy. As time went on doctors and missionaries learnt more about leprosy and how to help people who had it. These days we see very few cases of the disease.

All afternoon, Mr Danner told Wilbur and his family stories of boys and girls who were forced to leave home because they had leprosy. He told them about mothers and fathers who had leprosy so badly that they couldn't work or take care of their children. He asked if they would be able to help. Wilbur's mother and father wanted to help. They said they would talk to some of their friends and see if they could raise enough money to help ten people who had leprosy.

Just before Mr Danner left Wilbur's house, he pulled three shiny silver dollars out of his pocket. "Here you go, Wilbur," he said as he flipped the coins to Wilbur. "Thanks for being such a wonderful host." When Wilbur went to bed that night he prayed that the children and people with

leprosy would be safe. Before he fell asleep, he tried to think of what he could do with the silver dollars.

What do you think he could do?

The next morning he ran downstairs and explained to his Mum and Dad that he was going to buy a pig with his silver dollars. Now you might think that's kind of an odd thing for a boy to buy, but Wilbur knew that if he took good care of the pig, fed it lots of good food and clean water it would grow big and fat and he could sell it for a lot more money—like an investment. His parents thought that was a pretty good idea, so his dad went with him to buy a small pig.

Wilbur named his pig Pete. Every morning before school and every afternoon before supper, Wilbur gave Pete a special mixture of corn and grain. Sometimes, on special days, Wilbur fed Pete an apple or scraps from the house. Pete grew fat.

In the meantime, Wilbur's mum was asking all of her friends and neighbours if they would help her raise enough money to help ten people who had leprosy. By autumn, she had raised enough money to help nine. She counted her money over and over again, as if she thought that by magic the extra money would appear.

Wilbur knew if he sold Pete, he would have enough money to add to the collection to help ten people. Wilbur couldn't believe it—the money Mr Danner had given him had multiplied into enough so that he could help one person with leprosy. Wilbur was pretty excited about his contribution. After all, he was just a kid—he still went to school.

Mr Danner and other workers in The Leprosy Mission were excited about Wilbur and how his pig was able to help someone with leprosy. They decided they would challenge kids all over America to raise money. They made banks in the shape of a pig and gave them to boys and girls from coast to coast.

These were the very first of the piggy banks that we use today.

Name: _____

Types of bullying

Bullying is: when any of the behaviours listed below happen again and again to someone and it is hard for the person being bullied to stop this from happening. Some types of bullying include:

Exclusion

- being deliberately ignored, left out on purpose, or not allowed to join in

Physical

- being deliberately hit, kicked or pushed around

Lies or rumours

- lies or nasty stories are deliberately being told about someone to make other kids not like them

Threats

- being made afraid of getting hurt
- staring or giving someone mean looks or gestures
- forcing someone to do things they don't want to

Verbal abuse and teasing

- deliberately being made fun of and teased in a mean and hurtful way

Cyber

- deliberately being hurt online or by phone (e.g. when using a social networking site like Club Penguin)

Bullying is used by a more powerful person to cause fear, distress and/or other harm to a less powerful person who is unable to stop the bullying from happening.

Name: _____

 A rainy day in Shape Town

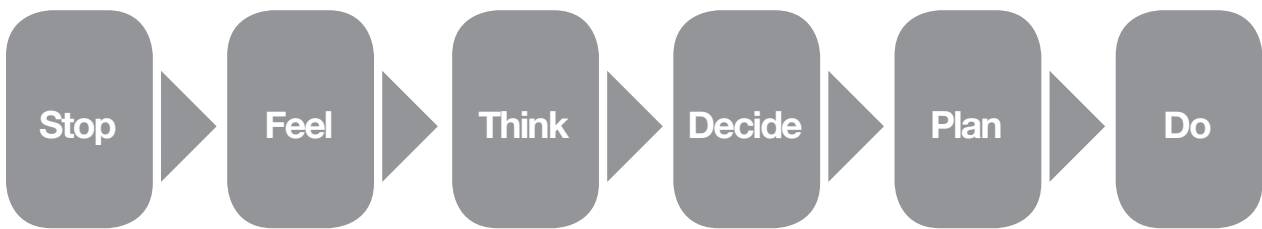
Name: _____



Conflict situations

<p>A new girl arrives in your class. The teacher asks for one girl to show her around the school. You and two other girls want to be the one to help.</p>	<p>A toy is found and put in the Lost and Found basket. Two students both claim it belongs to them.</p>
<p>At recess you and three classmates are playing a card game. You have always played the game with the rule that Aces are low. One of your classmates says he always plays with the rule Aces are high.</p>	<p>A group of friends are throwing a ball around. The ball goes astray and bounces into the playground. Another student snatches it and won't give it back.</p>
<p>There is only one t-Ball set in the sports' shed. At recess you and your friends and another boy and his friends race to get it as soon as the bell goes. You get the bat and he gets the stand.</p>	<p>You and another student in the class both get the equal top mark in a maths competition. You get to choose a prize each from the teacher's bag. You both choose the same prize but she has only one of the items you both want.</p>
<p>At recess you are working in the library on a group assignment. You have organised to meet your group there, but only one turns up. The others are all playing basketball instead.</p>	<p>You have a class in the computer lab. There are 20 computers and 21 students. You and another student have to share the last computer. You both want to use it for different tasks.</p>

Name: _____

 Decision-making model

STOP – Assess what is happening. Is it bullying?

FEEL – How do I feel about what is happening?

THINK – Do I think I need to do something about this?
Do I need to ask for help?

DECIDE – What choices do I have and what might the consequences of these choices be?

PLAN – Work out the safest, most effective way to proceed.

DO – Carry out the plan safely.

Name: _____



Feelings charades

<p>Feeling – Exhausted</p> <p>Body Language – Slumped posture, droopy eyes, nodding head</p> <p>Voice – Strained, yawning</p>	<p>Feeling – Angry</p> <p>Body Language – Furrowed brow, arms folded, scowls</p> <p>Voice – Curt, aggressive</p>
<p>Feeling – Confident</p> <p>Body Language – Chin up, straight back, smiling,</p> <p>Voice – Strong, casual</p>	<p>Feeling – Distracted</p> <p>Body Language – Jerky movements, darting eyes</p> <p>Voice – Uhmm, ahhh</p>
<p>Feeling – Nervous</p> <p>Body Language – Biting nails, fidgeting, looking at feet</p> <p>Voice – Shaky</p>	<p>Feeling – Upset</p> <p>Body Language – Withdrawn, hands clasped, frowning</p> <p>Voice – Quiet</p>
<p>Feeling – Stressed</p> <p>Body Language – Rubbing face, blinking, frowning</p> <p>Voice – Tense</p>	<p>Feeling – Excited</p> <p>Body Language – Jittery, grinning, hyper-active</p> <p>Voice – Gleeful</p>

Name: _____

Friendship firsts

<p style="text-align: center;">Make the first move</p> <p>Try being the one to smile first or start a conversation. It is sometimes hard; however, the person you are smiling at might feel just as nervous as you and will appreciate the effort you have made to introduce yourself.</p>	<p style="text-align: center;">Join in</p> <p>Look for places where you can be part of a group. It might be clubs at your school, sporting clubs or a place in your community which is looking for students to lend a hand on a volunteer basis.</p>
<p style="text-align: center;">Show you care</p> <p>Practise being an active listener. Display a genuine interest in what someone else is telling you. Ask questions about what they have told you, so that they know you were really listening.</p>	<p style="text-align: center;">Accept differences</p> <p>Celebrate the differences in all your friends; accept them for who they are, just as you want them to accept you for who you are.</p>
<p style="text-align: center;">Take a chance</p> <p>If you feel comfortable, take the opportunity to share something about yourself with another person. It might be about your favourite TV show, or which sports you prefer to play and watch.</p>	<p style="text-align: center;">Exercise caution</p> <p>There will always be people who you will want as a friend, but something in your head tells you that it is probably not a good idea. Listen to that voice...</p>
<p style="text-align: center;">Be yourself</p> <p>Always make sure that you do not pretend to be someone you are not with your friends. Friends appreciate knowing the real you, your thoughts and feelings, as well as your differences.</p>	<p style="text-align: center;">Give and take</p> <p>It takes two or more to have a friendship. It is not much fun though, if all the effort is put in by one person. Always try to give as much as you get with your friends.</p>
<p style="text-align: center;">A kind word</p> <p>Friends are supposed to be able to say anything to each other, however, the way we say things can really hurt sometimes. Be gentle with your friends and think before you speak.</p>	<p style="text-align: center;">A tip from you...</p>

Name: _____

How do I avoid bullying others?

- Always check that my actions or words are not deliberately hurting someone else's feelings.
- Always check that my actions are not deliberately hurting someone else physically.
- Always check that my actions or words are not deliberately making someone else feel afraid.
- Never try to control someone else or make them do something they don't want to do.
- Never unfairly take out my feelings of anger or frustration on someone else.
- Always ask myself, 'Would I like someone else to do this to me?' If the answer is no, then it is a sign to stop my behaviour.

Name: _____



Shape Town



Once upon a time there was a beautiful little town called Shape Town built in a valley between two mountains. On one side of the town was a beautiful lake. Many different shapes had lived in the town over the years. All these shapes had some straight sides.

One day a new shape arrived in town and opened a Donut Shop. The new shape had no straight sides and looked a bit different to all the other shapes in the town (show *Shapes from Shape Town* resource sheet and point to the shape at the top of the page). Some of the other shapes began to make fun of the new shape, teasing him because he had no straight edges and was all round. The other shapes in town would not speak to the round shape or go into his shop for donuts (show *Shapes from Shape Town* resource sheet and point to the two shapes at the bottom of the page). This made the round shape feel very lonely and miserable.

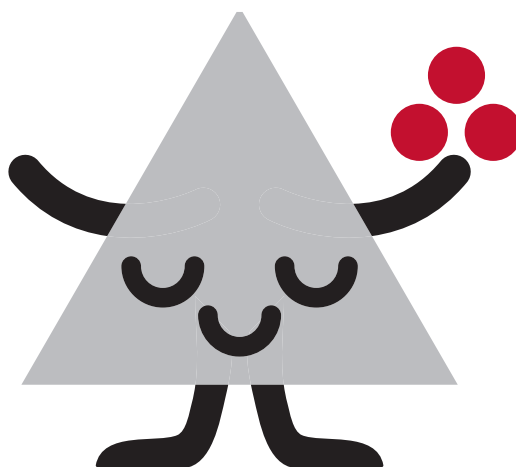
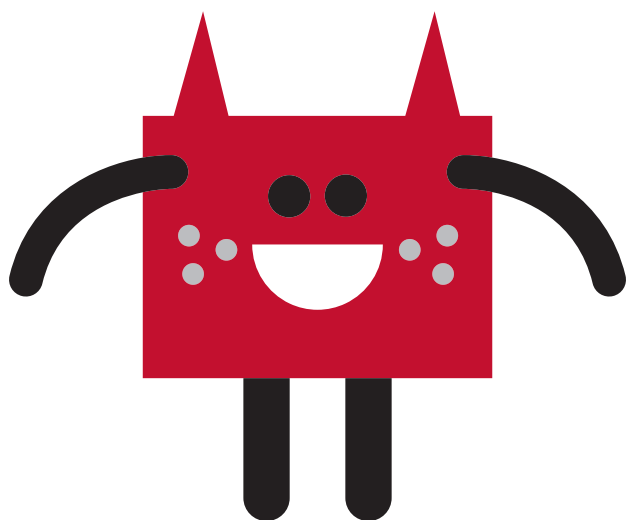
One rainy morning the round shape went to work and found a sign painted on his shop window, which said, "Go away, we don't need round shapes here." The round shape was so upset that he decided to go home and not even open the shop that day (show *A rainy day in Shape Town: Resource sheet* and point to the shape at the top of the page).

The rain continued to pour down on Shape Town and the lake on one side of the town began to swell higher than ever before. The shapes of Shape Town began to panic as they saw the water rising higher and coming closer to their homes. A town meeting was called and all the shapes were called together in the Town Hall, except for the round shape. The shapes decided the only way to save their town and their homes was to get together and make a wall between the two mountains to stop the water in the lake from rising until the rain stopped.

All the shapes at the meeting went to the edge of the lake between the mountains and began to form themselves into a wall (show *A rainy day in Shape Town* resource sheet and point to the picture at the bottom of the page).

(Hand out envelopes containing shapes prepared from the "Template for shape wall" resource sheet for each group of 3-4 to try and build the wall to save Shape Town.)

Name: _____

 Shapes from Shape Town

Name: _____



Shoe shuffle

A parent who has just had a really hard day at work and comes home to find the dishes unwashed.	A person whose Internet won't work and they need to send an urgent message.
A student who is selected for the school volleyball team and gets injured just before the big sports carnival.	A person who can't go to a party because they are grounded.
A person whose mother is very sick.	A student who trips up on the assembly stage, in front of the whole school.
A person who is moving to a new school for the first time.	A person whose best friend is moving to another school.
A person whose best friend has told them they don't want to be friends anymore.	A person who has their lunch tipped out of their lunchbox every day by another student.
A student who is made fun of every time the class goes to physical education.	A student who hears that other people are talking about them on MSN.
A student who has found a nasty blog about them created by other students at school.	

Name: _____

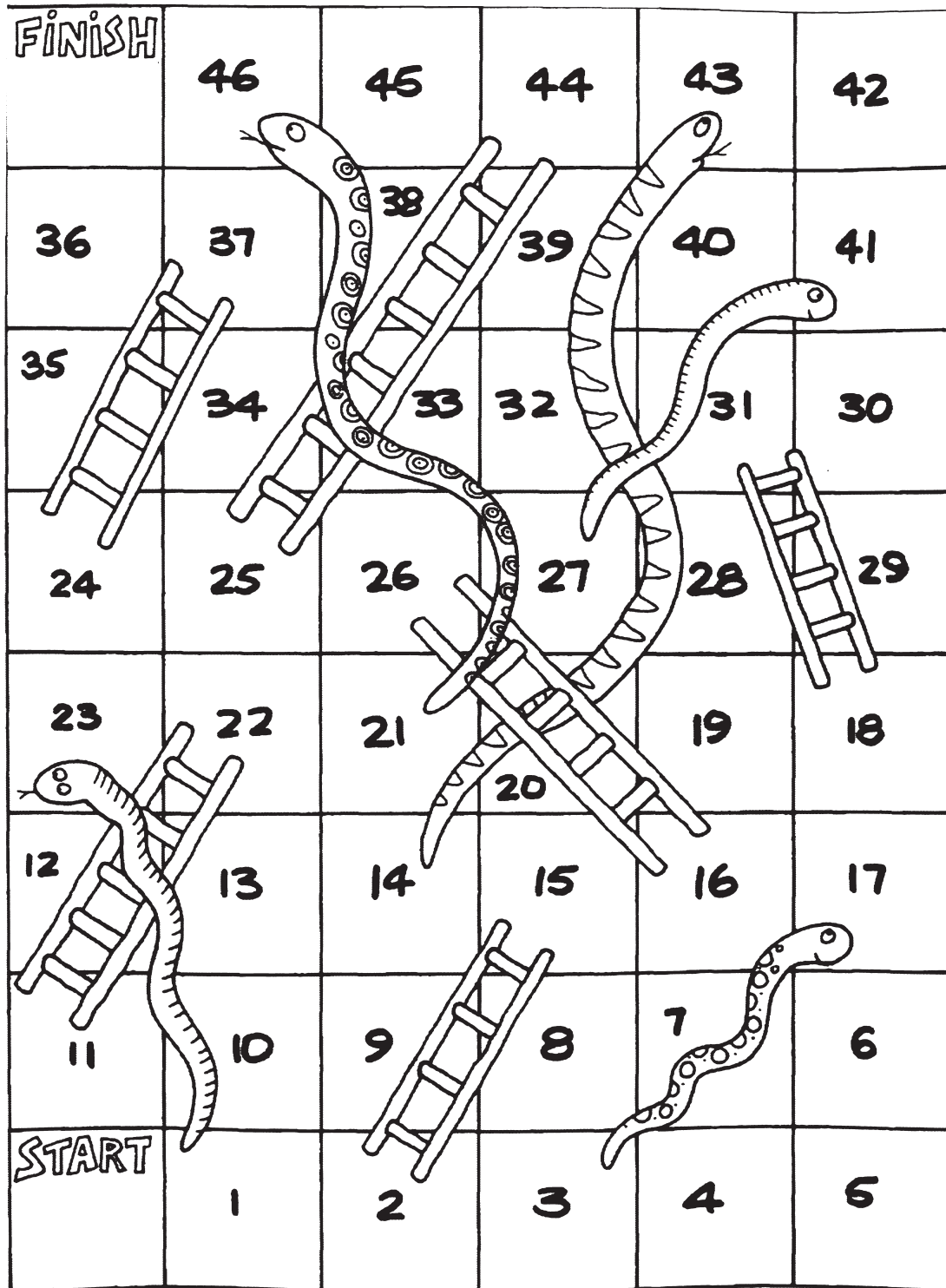


Situation shuffle: Values

<p>A boy in your class tells the rest of the class that he won the Best and Fairest Award in his local baseball team on the weekend. You know he didn't because your father coaches that team.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>	<p>You see your best friend take a brand new pen out of another student's bag on the hooks outside your classroom. Your friend tells you that he bought it at the shops yesterday. You see the other student is very upset because his new pen is missing.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>
<p>The student sitting next to you leaves her desk to speak to the teacher. A student from the next desk leans over and scratches the front cover of her borrowed library book with a pin. When the student returns the book to the library, you hear the librarian telling her she will have to pay for the damaged book.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>	<p>A student starts making unkind comments about another student's changing body shape.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>
<p>There is a new girl in your class and you would like to get to know her and try to be her friend, however, the other girls in your group have said they do not want any more people in the group.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>	<p>Your parents won't let you go online and talk with your friends on MSN because they say they don't trust you.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>
<p>A boy in your class gets into trouble for something you did because he doesn't tell the teacher it was you.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>	<p>Your team goes from first place to last when you drop the ball at the school sports' day.</p> <p><i>How do you feel?</i></p> <p><i>What do you do?</i></p>

Name: _____

Snakes and ladders



Name: _____

Sorting out a conflict

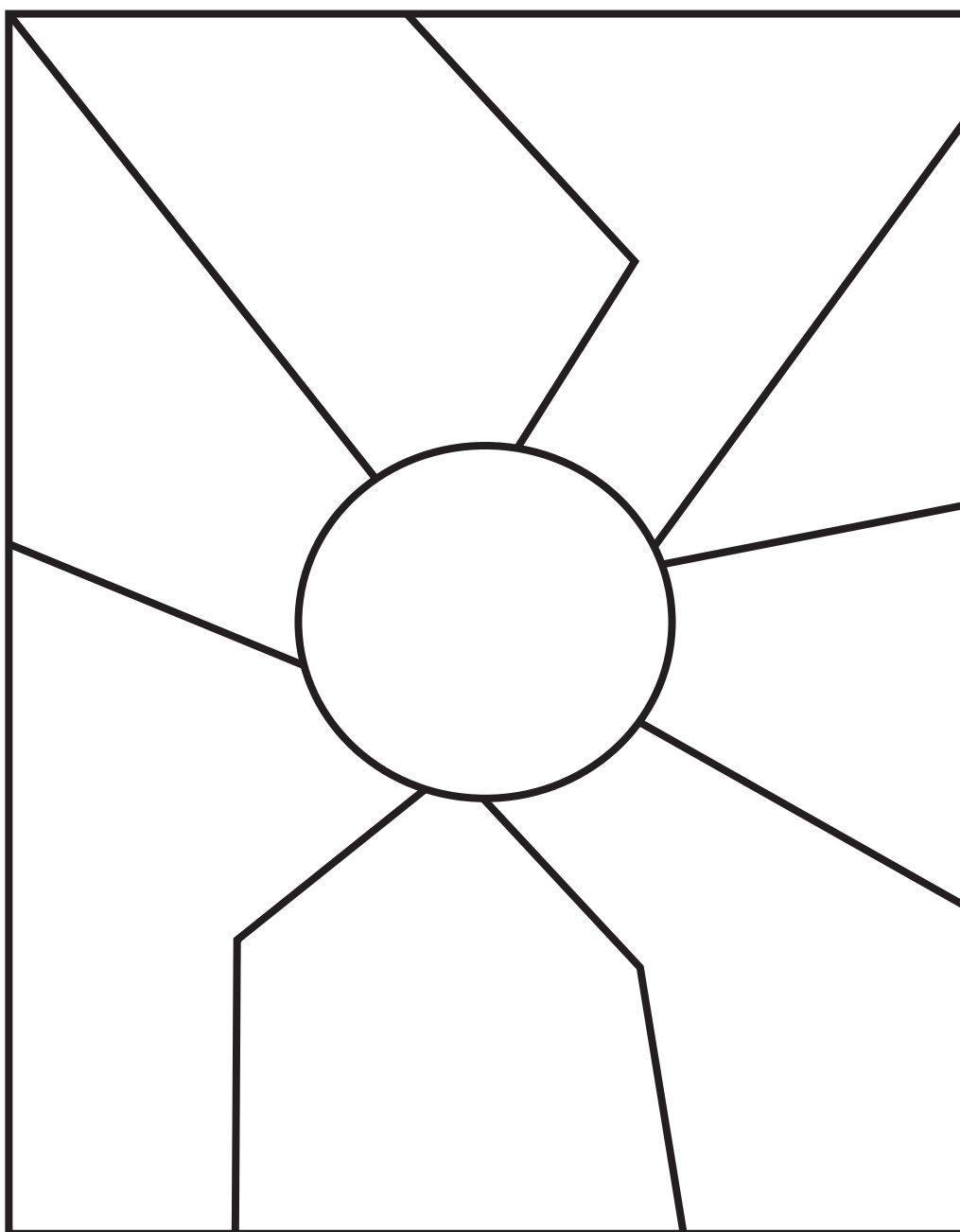
1. Treat each other with respect; no blaming or put-downs. Talk in quiet, calm voices.
2. Attack the problem, not the person. Think about the problem and brainstorm solutions.
3. Wait for your turn to speak; no interrupting.
4. Repeat what you think was said to you (this is not agreeing with the person, it is letting them know that you understand what they are saying and how they are feeling).
5. Work together to find a fair solution for both parties and stick to what you have decided.
6. Present your view of the situation in a truthful way.
7. Talk again if the solution is not working, and then if you can't work it out, ask for help.

Name: _____



Template for shape wall

Use this as a template to cut a piece of A4 paper into similar shapes. Make sure you start with the circle in the middle. Put only the shapes with straight sides in the envelopes for the groups.



Name: _____

What is bullying?

Bullying is when one or more of the following things happen **AGAIN** and **AGAIN** to someone who finds it **hard to stop** it from happening again. Bullying is when a person or a group of people *offline* or *online* (mobile phone or Internet):

Make fun of and tease someone in a mean and hurtful way.



Tell lies or spread nasty rumours about someone to try to make others not like them.



Leave someone out on purpose or not allow them to join in.



Hit, kick or push someone around.



Deliberately damage, destroy or steal someone's things.



Threaten or make someone feel afraid of getting hurt.



It is **NOT** bullying when:

Teasing is done in a friendly, playful way.



Two people who are as strong as each other argue or fight.



Cyberbullying – using, for example, a mobile phone and/or the Internet – is when a person:



- sends nasty or threatening emails or messages on the Internet or via mobile phone
- sends mean or nasty comments or pictures about others to websites e.g. MySpace, Facebook, MSN or to other students' mobile phones
- deliberately ignores or leaves others out over the Internet
- pretends to be someone else online to hurt them or make them look foolish

Cyberbullying can happen when things such as hurtful text messages, pictures, video clips, and emails are being *sent to you*. It can also happen when these things are *sent to others, about you*.

Name: _____



When it's okay to say "no"

<p>An older student emails you at your school email address asking you for your lunch money.</p>	<p>A girl who is not part of your group emails you an invitation to her birthday party. You don't want to go but you don't want to hurt her feelings.</p>
<p>Your friend writes you a note asking you to meet them at the local playground after school.</p>	<p>A stranger asks you to get in his car.</p>
<p>Your best friend brings some matches to school and asks you to burn some leaves with them.</p>	<p>The bus driver asks to see your ticket.</p>
<p>Another student picks on you and a group forms around both of you. They chant "fight, fight, fight". You do not want to look afraid in front of your friends.</p>	<p>In your group of friends one student wants to wag school for the day. All of your other friends say "yes".</p>