

# **BULLIES**

## **FACILITATOR'S GUIDE**

**SOCIAL-EMOTIONAL  
LEARNING**

# **GUIDED THOUGHT**

**'BULLIES' IS AN ADVOCATE OF PEER-TO-PEER RESOLUTION. THOUGH WE ACKNOWLEDGE THE IMPORTANCE OF AUTHORITY FIGURES (TEACHERS, TEACHER'S ASSISTANTS, FACULTY, VOLUNTEERS & PARENTS), THE AIM IS TO PREPARE LEARNERS TO ACTIVELY ASSESS, EVALUATE AND RESPOND TO CONFLICT APPROPRIATELY. SETTING AND RESPECTING BOUNDARIES, USING VOICE AND REASON, AND BEING ABLE TO OBSERVE BODY LANGUAGE IS THE FOUNDATION OF THIS GUIDE.**

# **CLASS ACTIVITY: IMPROV**

## **IMPROV 101:**

**IMPROV IS ACTING ON**

**THE GO. YOU ARE**

**MAKING UP THE**

**CHARACTER AS YOU**

**GO. THERE IS NO**

**RIGHT OR WRONG**

**WAY TO IMPROV.**

**BRING THE PASSION**

**AND ALL THE DRAMA.**

# **IMPROV 101:**

## **CONVERSATION**

**WHAT IS YOUR FAVORITE MOVIE OR TV SHOW? WHO IS YOUR FAVORITE CHARACTER?**

**IMPERSONATION: AN ACT OF PRETENDING TO BE ANOTHER PERSON FOR THE PURPOSE OF ENTERTAINMENT**

**“IMPERSONATE’...  
AND...ACTION!”**

**ACT OUT A SCENE OF YOUR FAVORITE TV SHOW OR MOVIE.**

**ACT LIKE YOUR FAVORITE CHARACTER, OR MAKE UP A CHARACTER AND ACT OUT A SCENE.**

# SETTING UP ROLES

**ASSIGN CHILDREN TO BE ACTORS FOR THE CHARACTER ROLES OF: ZORA, STEVE, LILY, ALI, ABBY, JACK, AVA, AND JADE.**

## ESTABLISH RULES AND BOUNDARIES

**THERE IS PHYSICAL TOUCH INVOLVED IN THE STORY, 'BULLIES.' INFORM STUDENTS THEY AREN'T ALLOWED TO HIT OR KICK OTHER STUDENTS. PHYSICAL TOUCH SUCH AS HUGGING SHOULD BE MONITORED.**

## STORY TIME

**READ 'BULLIES' ALOUD TO STUDENTS. (FOR ADVANCED READERS, CONSIDER CHOOSING A NARRATOR.) ENCOURAGE STUDENTS TO FULLY EMBODY THE CHARACTERS THEY WERE ASSIGNED. (EXAMPLE: IF YOUR CHARACTER HAS A CRYING SCENE, CRY YOUR EYES OUT!)**

# GUIDED THOUGHT

**IMAGINE BEING EMBARRASSED IN FRONT  
OF A BUNCH OF FRIENDS!**

**IF YOU WERE ZORA'S FRIEND AND YOU JUST SAW  
STEVE PUSH HER DOWN, HOW COULD YOU HELP  
ZORA FEEL LESS EMBARRASSED AND CALM?**

## PRACTICE

**AS A GROUP TAKE TEN DEEP  
BREATHS. INHALE AND EXHALE  
SLOWLY. ENJOY EACH NEW BREATH.**

## DISCUSS

**HOW DO YOU FEEL WHEN YOU ARE ANGRY OR  
EMBARRASSED? WHAT KIND OF THOUGHTS DO  
YOU HAVE WHEN YOU ARE MAD?**

## NOTICE

**WHEN YOU ARE EMBARRASSED AND MAD IT  
CAN BE EXTREMELY DIFFICULT TO BREATHE.  
BEING INTENTIONAL ABOUT HAVING  
POSITIVE THOUGHTS DURING HEATED  
TIMES HELPS US COOL DOWN AND BECOME  
MORE LEVEL-HEADED.**

# **GUIDED THOUGHT**

## **SOME PROBLEMS CAN BE AVOIDED.**

**WHAT SHOULD STEVE HAVE DONE IF HE WANTED ZORA TO PLAY TAG WITH HIM?**

### **RECONCILE**

**AFTER STEVE PUSHED ZORA DOWN, ZORA SAID “I WASN’T EVEN PLAYING.” STEVE COULD HAVE APOLOGIZED AND BEGAN THE RECONCILIATION PROCESS WITH ZORA AT THAT MOMENT. INSTEAD HE SAID “WELL THAT’S JUST TOO BAD.”**

### **PERSONAL ACCOUNTABILITY**

**BY NOT APOLOGIZING IMMEDIATELY TO ZORA, STEVE AVOIDED TAKING ACCOUNTABILITY FOR HIS ACTIONS. THIS LED TO THE WORST RECESS EVER.**

### **DISCUSS**

**WHY CAN TAKING ACCOUNTABILITY AND SPEAKING UP WHEN YOU HAVE DONE SOMEBODY WRONG BE HARD SOMETIMES?**

# GUIDED THOUGHT

## THE REAL HERO

**AFTER HEARING STEVE'S CONFESSION, JADE UNDERSTOOD THAT STEVE CROSSED ZORA'S PERSONAL BOUNDARIES. SHE THEN TOLD STEVE HE SHOULD APOLOGIZE TO ZORA.**

## RESPECT MY BOUNDARIES!

**EVERYBODY, NO MATTER THE AGE, SHOULD BE RESPECTED. EVERYONE HAS PERSONAL SPACE. YOU HAVE THE RIGHT TO SPEAK UP AND ADVOCATE FOR YOURSELF WHEN YOUR BOUNDARIES ARE CROSSED.**

## CRITICAL THINKING

**WHEN STEVE APPROACHED ZORA TO APOLOGIZE TO HER, THE REST OF THE CLASSMATES STAYED BACK. DURING CONFLICT, WHY MIGHT IT NOT BE BEST FOR A BIG GROUP OF KIDS TO CONFRONT A SINGLE CHILD?**

## INTENTION

**WHEN YOU ARE WRONG IN A SITUATION AND YOU MAKE THE DECISION TO APOLOGIZE, YOUR INITIAL INTENTIONS ARE VERY IMPORTANT. JUST AS IMPORTANT ARE YOUR ACTIONS THAT FOLLOW YOUR APOLOGY. WHAT IS AN APOLOGY WITHOUT CHANGED BEHAVIOR?**



# GUIDED THOUGHT

## DISCUSS

**WHAT IF, AFTER STEVE'S APOLOGY, ZORA DECIDED SHE DIDN'T WANT TO PLAY TAG?**

## HUMILITY AND UNDERSTANDING

**ALLOWING SOMEONE THE PROPER BOUNDARIES AS THEY PROCESS AND HEAL AFTER YOU HAVE WRONGED THEM IS ESSENTIAL. UNDERSTANDING WHY SOMEONE MAY NO LONGER WANT TO BE YOUR FRIEND IS IMPORTANT FOR GROWTH.**

# RECAP

**COMMUNICATION CAN BE USED TO SOLVE PROBLEMS. SIMPLE QUESTIONS AND OBSERVATIONS CAN BE USED TO MAKE SURE WE DON'T CROSS EACH OTHER'S BOUNDARIES. MANY TIMES COMMUNICATING OUR INTENTIONS FROM THE BEGINNING CAN PREVENT PROBLEMS. WHEN YOU ARE THE BULLY, TAKE TIME TO PROCESS YOUR OWN PERSONAL EMOTIONS. ASK YOURSELF "WHY AM I CHOOSING TO HURT?" WHEN YOU ARE THE VICTIM, IT IS OKAY TO SPEAK UP FOR YOURSELF, AND MAKE SURE YOU TAKE TIME TO BREATHE.**