

○ MUSIC city COUNSELOR

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Extremely satisfied

let's connect!



For helpful ideas and free resources, please
check out my website!

○

www.musiccitycounselor.com

ASCA Mindsets & Behaviors:

Category 2: Behavior Standards

- B-SMS 2: Self-discipline and self-control.
- B-SS 2: Positive, respectful, and supportive relationships with students who are similar to and different from them.
- B-SS 6: Effective collaboration and cooperation skills.
- B-SS 8: Advocacy skills for self and others and ability to assert self, when necessary.
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment.

Directions:

Materials Needed:

- A stuffed teddy bear (or you can use the included printable Buddy Bear)
- A shelf or area in your classroom to create a "Buddy Bear space". Please hang the 3 Buddy Bear posters on the wall and place the Buddy Bear on a shelf so he is accessible to students.
- The included PowerPoint presentation
- Task cards for practicing I-Messages (full color and black/white included!)
- Worksheets or coloring pages of your choice to close the lesson

This lesson typically takes approximately 30 minutes to teach.
But, please review it often to keep it fresh for students!

Teaching the "Buddy Bear" concept:

"The Buddy Bear" is a quick, easy, memorable, and meaningful way to teach PreK – 2nd graders how to be peaceful problem-solvers.

Before teaching about the Buddy Bear, I recommend teaching students to differentiate between small problems (those "no big deal" issues that come up every day, i.e. not sharing, not taking turns, teasing) and big problems ("big deal" problems where someone is hurt or in danger, i.e. falling off the monkey bars, bullying, hitting). If you'd like help teaching this concept, I have [resources](#) in my TpT store to teach this! Next, I use the PowerPoint story to teach students that the Buddy Bear can help them solve small problems in a fair, kind, and respectful way. The Buddy Bear stays in a special place in your room and students can grab him when they need to talk out a problem. He helps students remember that only the person holding the bear can talk and they need to take

Directions Cont.:

turns/not interrupt. When students are solving problems with the Buddy Bear, they use I-Messages to communicate their feelings and needs. The presentation teaches students the 3-step process for using an I-Message. After the PowerPoint, students can take turns choosing a task card (18 are included) and using the Buddy Bear and an I-Message to role play/solve the problem on the card. Finally, students can complete a worksheet or coloring page of your choice. The half-sheet bears would make for a cute bulletin board or hallway display! Be sure to practice these skills and refer to the Buddy Bear often so that he can become "part" of your classroom and your students' routine!

A printable certificate is included to award students who are peaceful problem-solvers!

Questions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help!

PS I SO appreciate when you please take a moment to leave a review for my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! 😊

Let's use an
I-MESSAGE
to solve our problem!

1) Share how you feel.

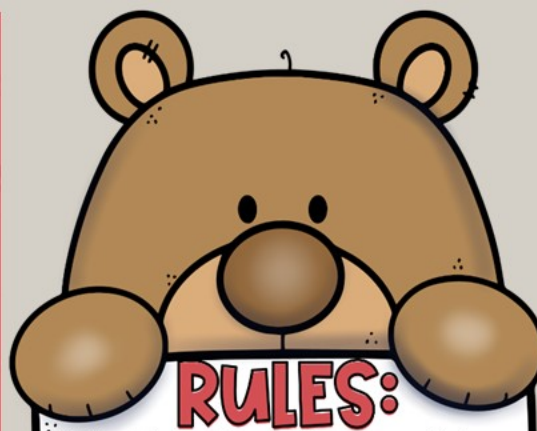
"I felt..."



2) Tell them what happened. "When..."



3) Share what would help you feel better. "Can you please...?"



RULES:

- 1) Be kind, fair, and respectful.
- 2) Take turns. Do not interrupt.
- 3) Only speak when you are holding the Buddy Bear.
- 4) Use I-Messages.
- 5) Work together to solve your problem peacefully!

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BUDDY BEAR



© Miss City Counselor



Sample Buddy Bear Space

Let's use an
I-MESSAGE
to solve our problem!

1) Share how you feel.

"I felt..."



2) Tell them what
happened. "When..."



3) Share what would
help you feel better.
"Can you please...?"



© Miss City Counselor



- 1) Be kind, fair, and respectful.
- 2) Take turns. Do not interrupt.
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- 4) Use I-Messages.
- 5) Work together to solve your problem peacefully!

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BUDDY BEAR



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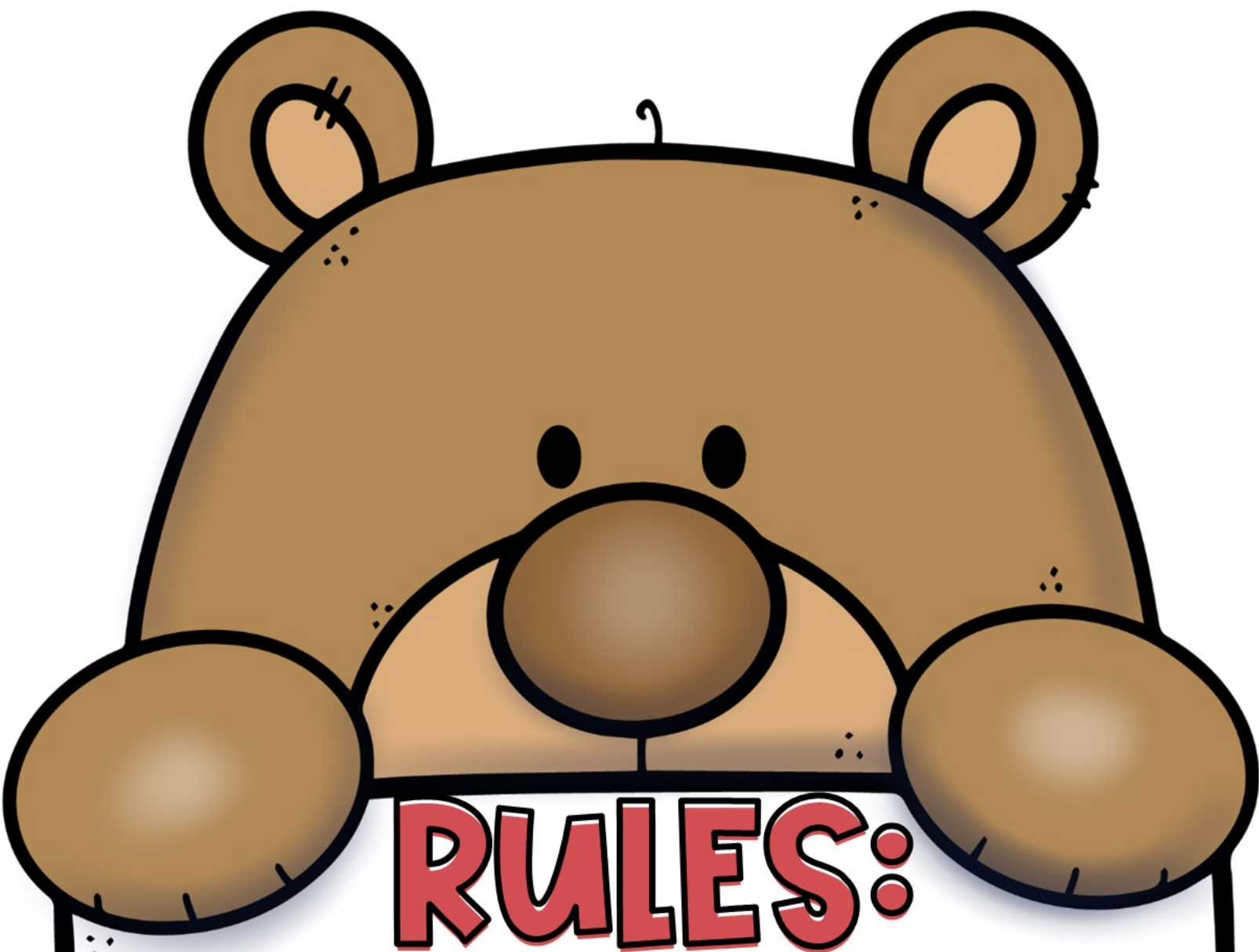
Sample Buddy Bear Space

POSTERS

**to decorate your
Buddy Bear
Corner/Shelf**

BUDDY BEAR





RULES:

- 1) Be kind, fair, and respectful.
- 2) Take turns. Do not interrupt.
- 3) Only speak when you are holding the Buddy Bear.
- 4) Use I-Messages.
- 5) Work together to solve your problem peacefully!



Let's use an
I-MESSAGE
to solve our problem!

1) Share how you feel.

"I felt...."



2) Tell them what happened. *"when..."*



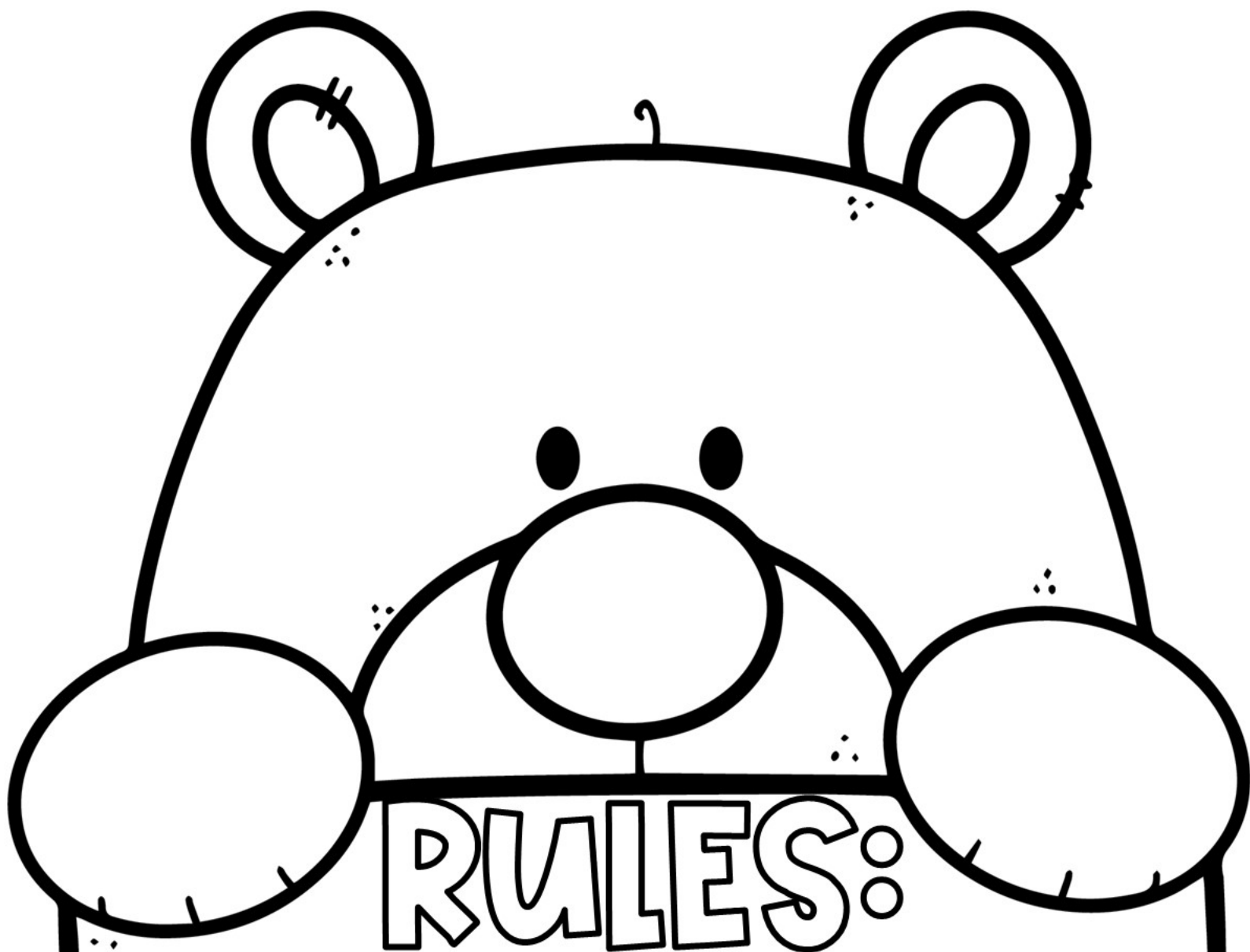
3) Share what would help you feel better.

"Can you please...?"

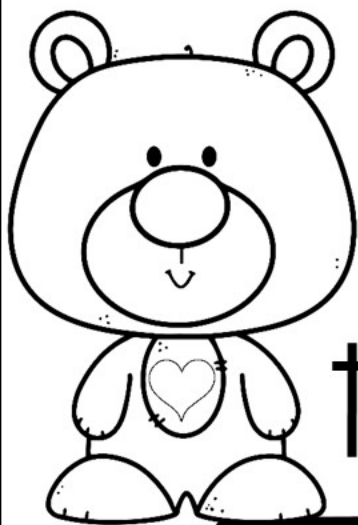


BUDDY BEAR





- 1) Be kind, fair, and respectful.
- 2) Take turns. Do not interrupt.
- 3) Only speak when you are holding the Buddy Bear.
- 4) Use I-Messages.
- 5) Work together to solve your problem peacefully!



Let's use an
I-MESSAGE
to solve our problem!

1) Share how you feel.

"I felt...."

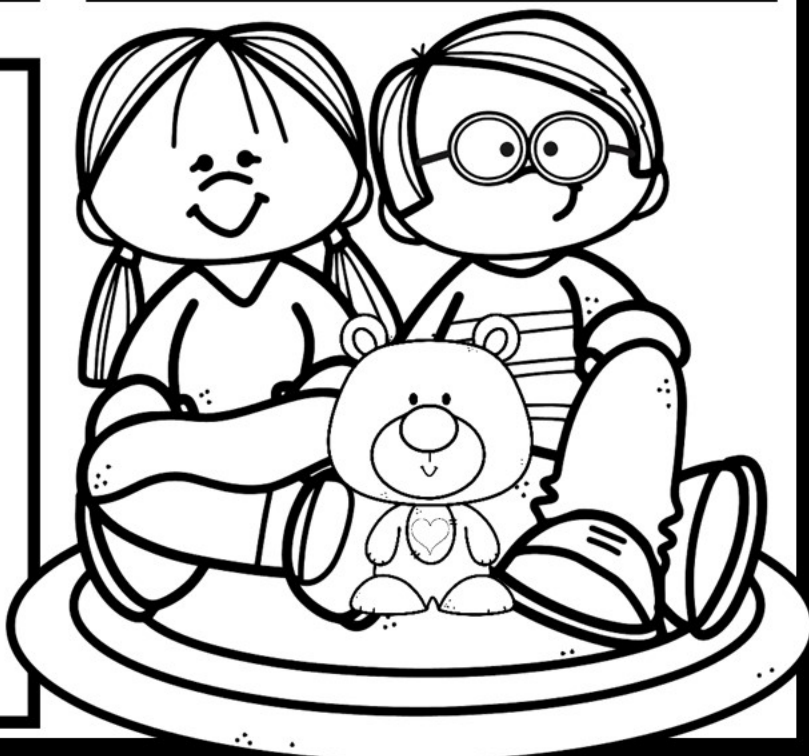


2) Tell them what
happened. *"when..."*



3) Share what would
help you feel better.

"Can you please...?"



TASK CARDS

**to practice using the
Buddy Bear and an
I-Message to solve a
problem**

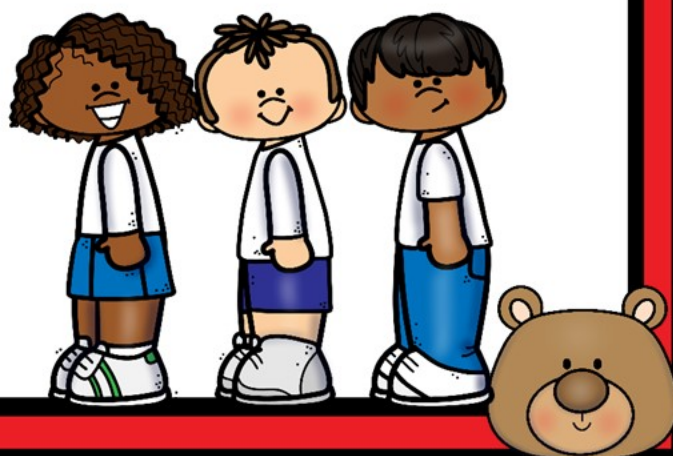
: Josiah won't pass the ball to you.



: Chris won't let you sit next to him.



: Keisha skipped you in line.



: Henry kept bothering you at lunch.



Lauren took too long at the water fountain.



: Kenny scribbled all over your work.



: George took a piece
of your candy.



: Maria kept
distracting you.



Drew
laughed
at your
new coat.

: Tracey and Ja'Kya
wouldn't include you.



: Camila cheated at
the card game.



: Emily kept ignoring
you.





**Randall
was
being too
loud at
recess.**



**Cho wouldn't share
the dough.**



**Mohammed
wasn't
following
the
directions.**



**Chloe
wouldn't eat
lunch with
you.**



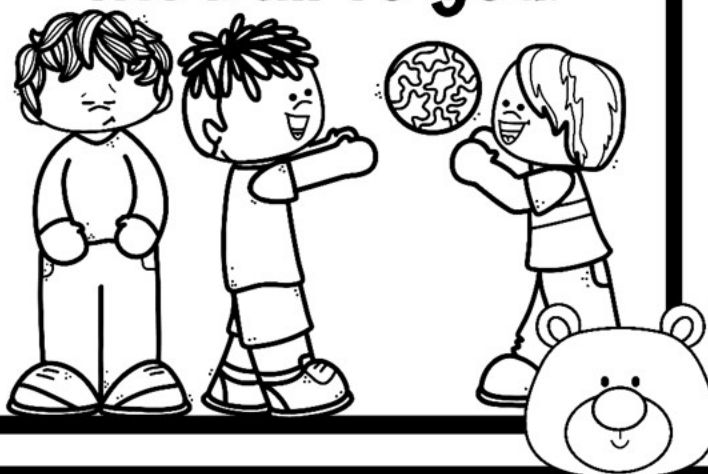
**Josie
and Sally
teased
you in
P.E.**



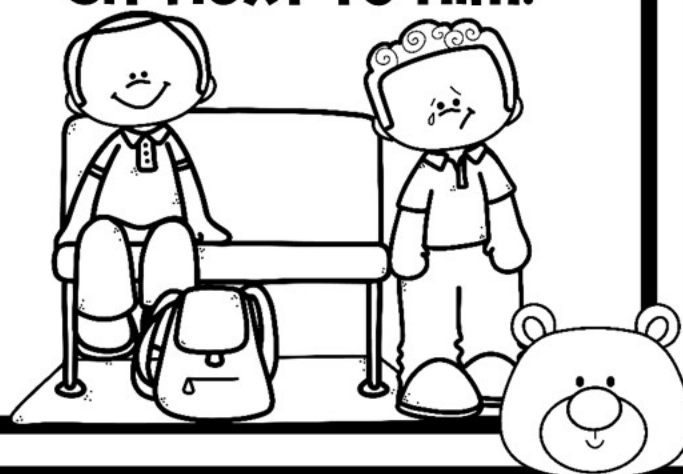
**Sasha said you
couldn't come in the
ball pit.**



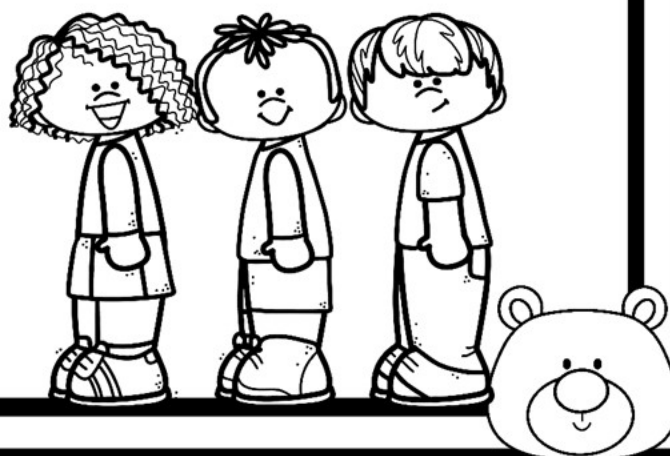
**: Josiah won't pass
the ball to you.**



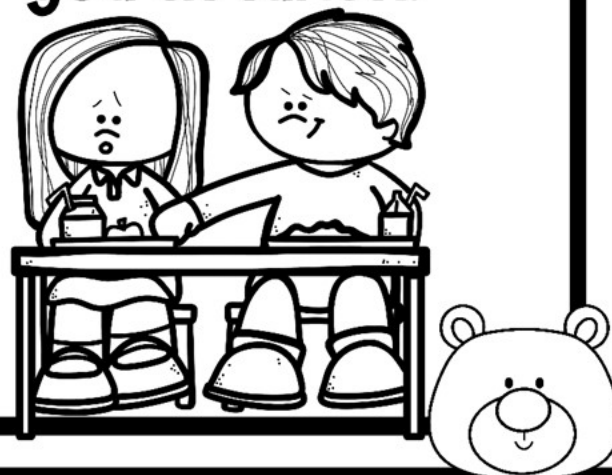
**: Chris won't let you
sit next to him.**



**: Keisha skipped you
in line.**



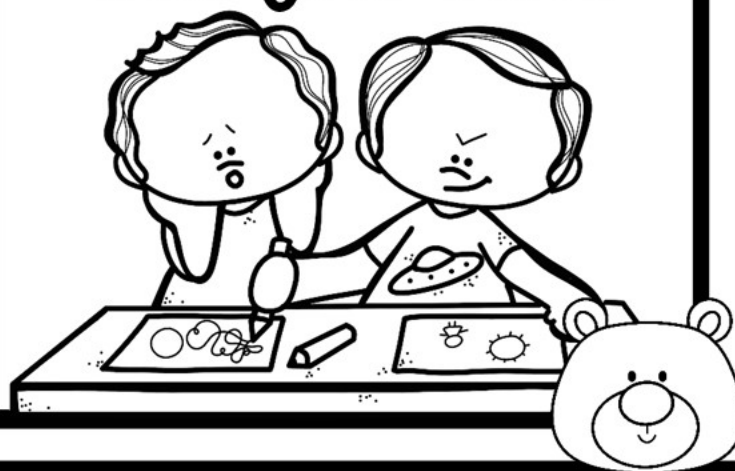
**: Henry kept bothering
you at lunch.**



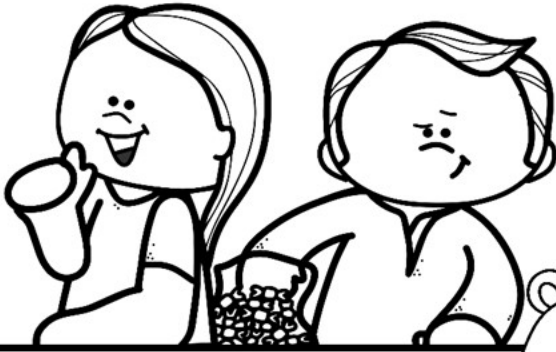
**Lauren
took too
long at
the
water
fountain.**



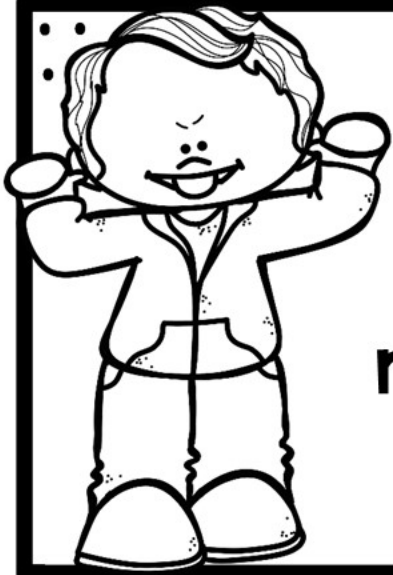
**: Kenny scribbled all
over your work.**



**: George took a piece
of your candy.**



**: Maria kept
distracting you.**



**Drew
laughed
at your
new coat.**



**: Tracey and Ja'Kya
wouldn't include you.**

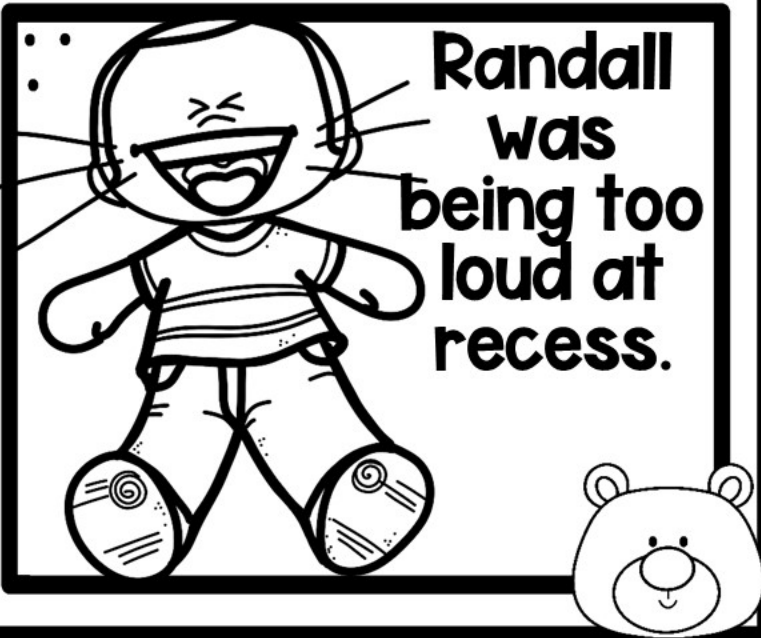


**: Camila cheated at
the card game.**



**: Emily kept ignoring
you.**

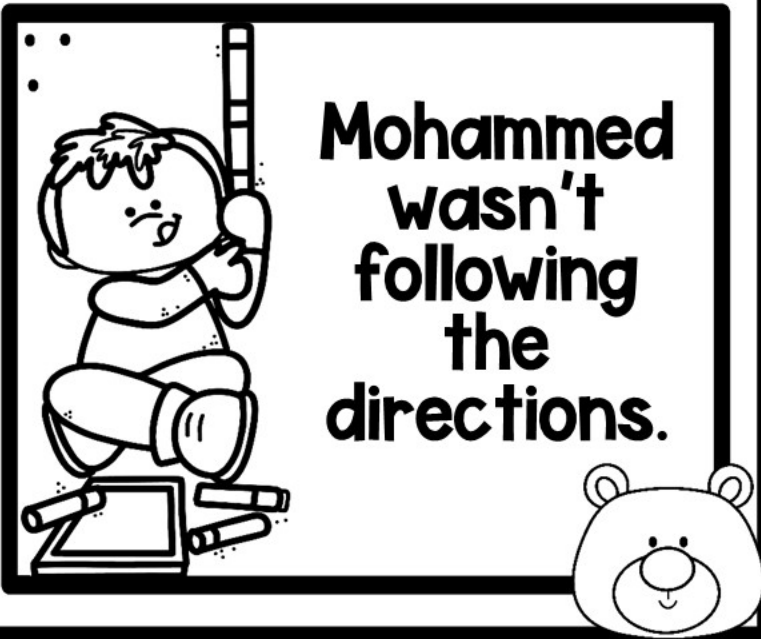




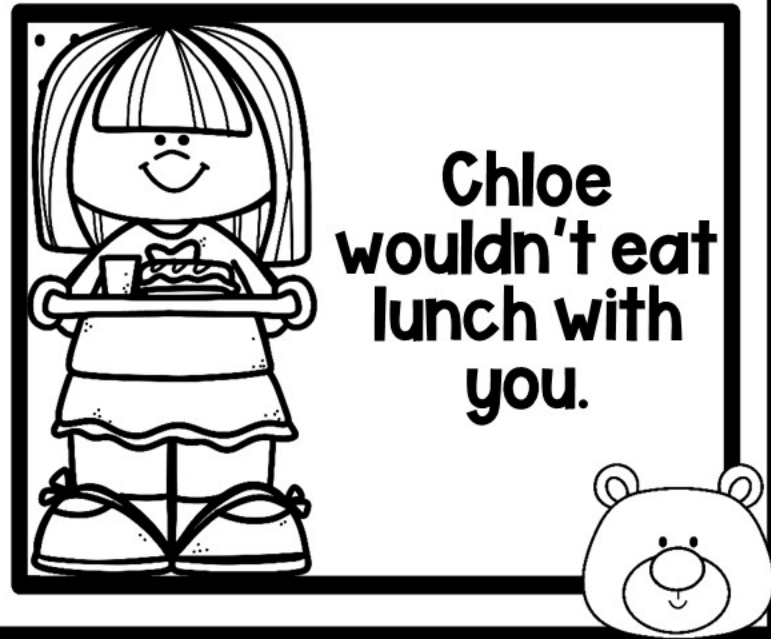
**Randall
was
being too
loud at
recess.**



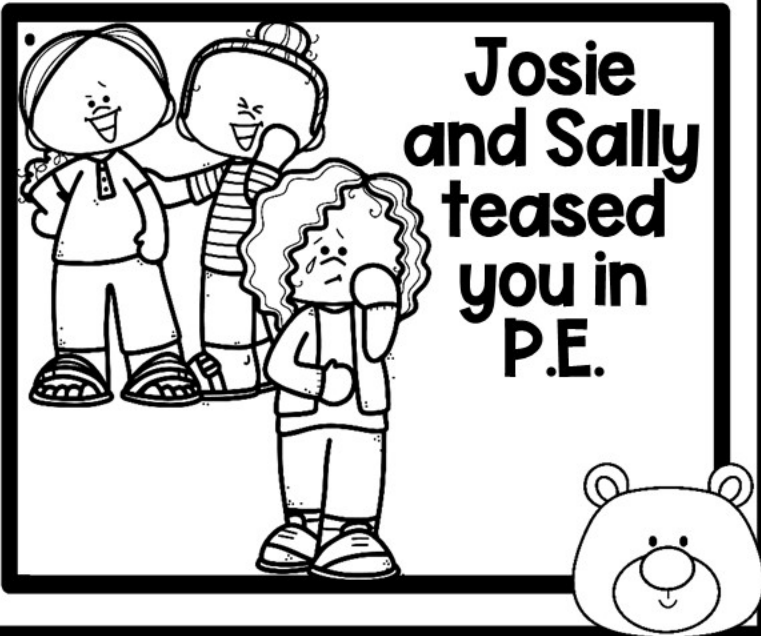
**Cho wouldn't share
the dough.**



**Mohammed
wasn't
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the
directions.**



**Chloe
wouldn't eat
lunch with
you.**



**Josie
and Sally
teased
you in
P.E.**



**Sasha said you
couldn't come in the
ball pit.**

CERTIFICATE

**to award peaceful
problem-solvers!**

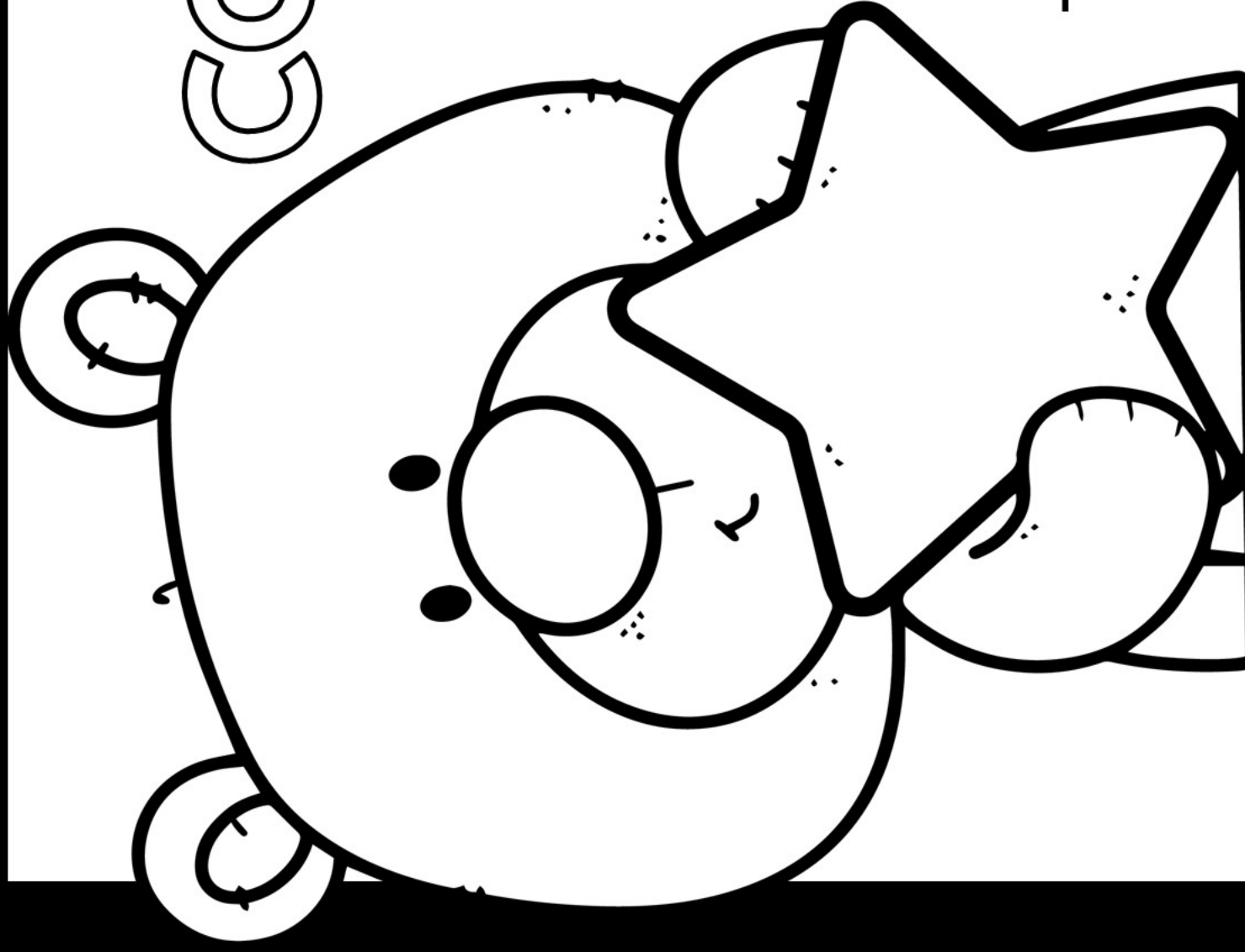
CONGRATS!

Problem-
Solver!

Name:

Date:





CONGRATS!

Problem-
Solver!

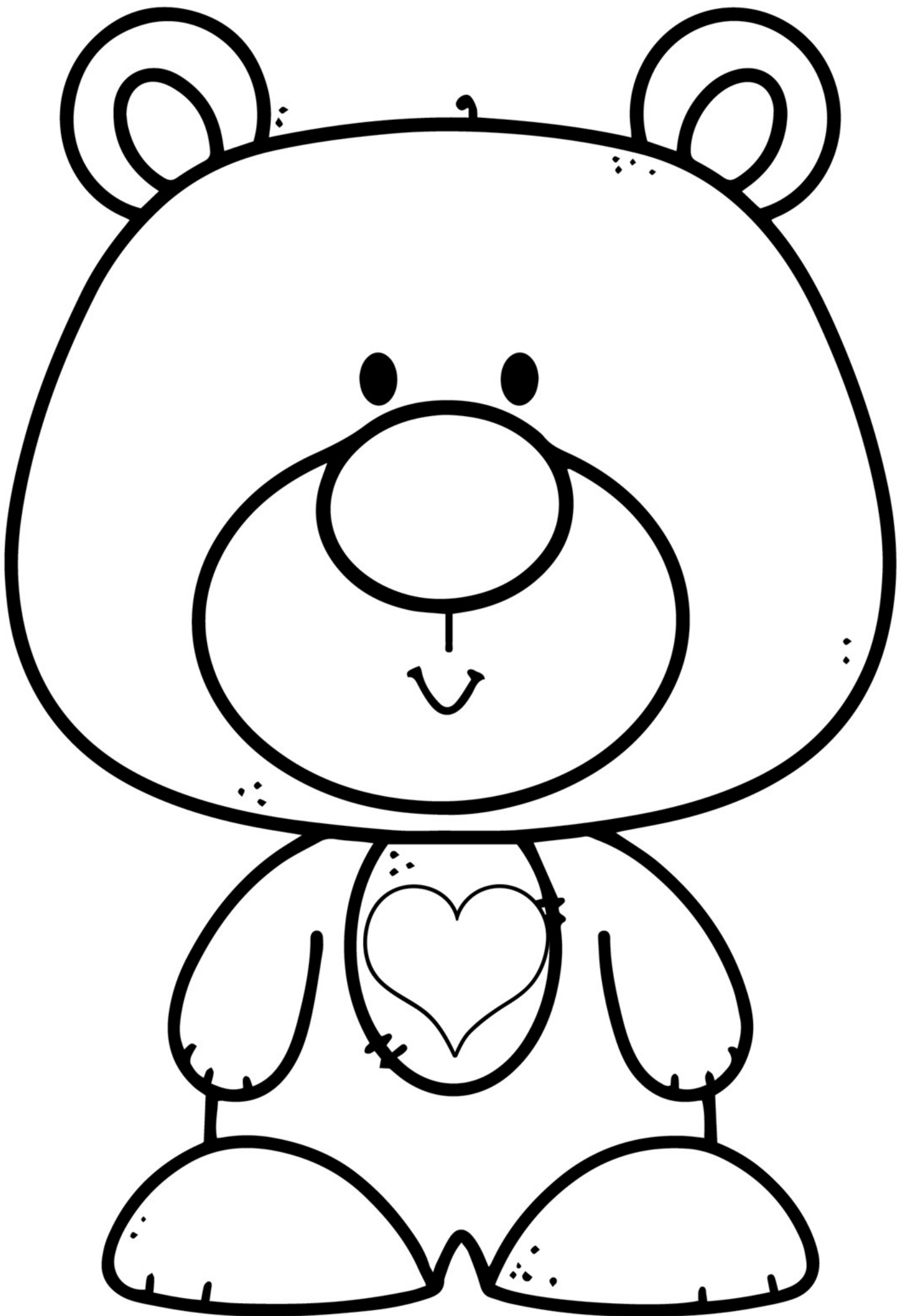
Name:

Date:

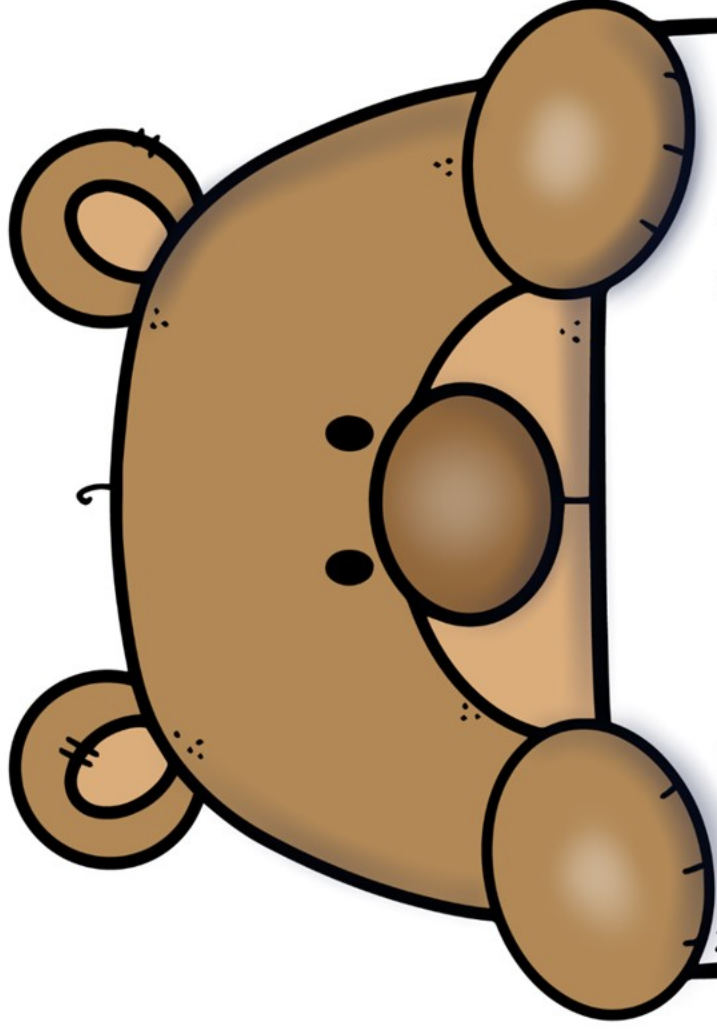
PRINTABLE BUDDY BEAR

**(to decorate your
classroom OR use if you
don't have a teddy bear
available!)**

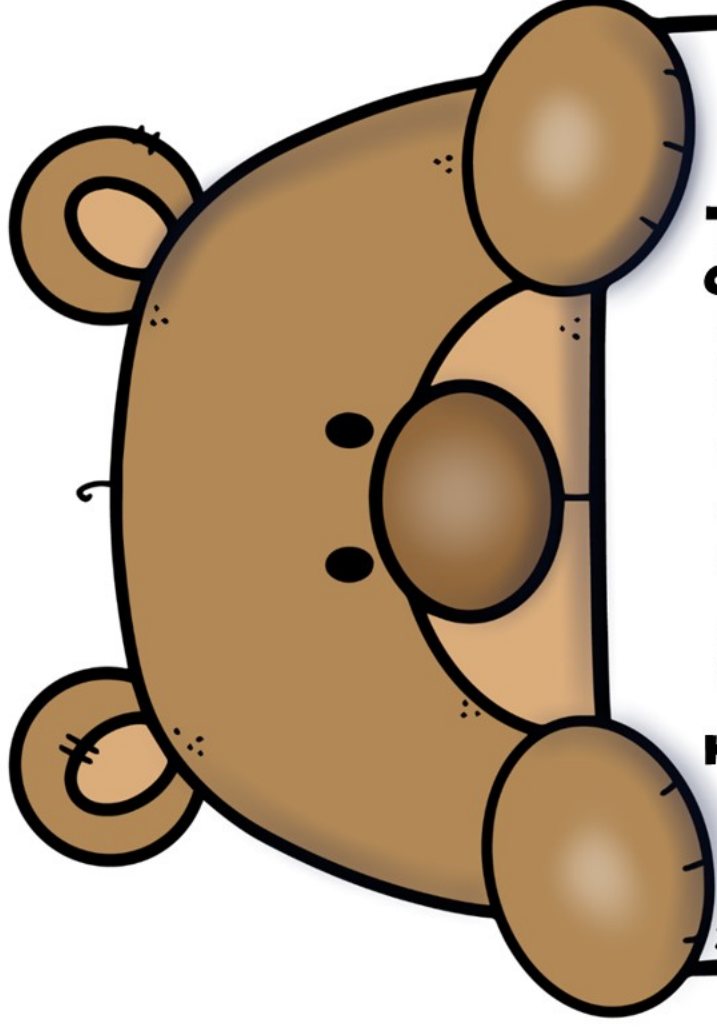




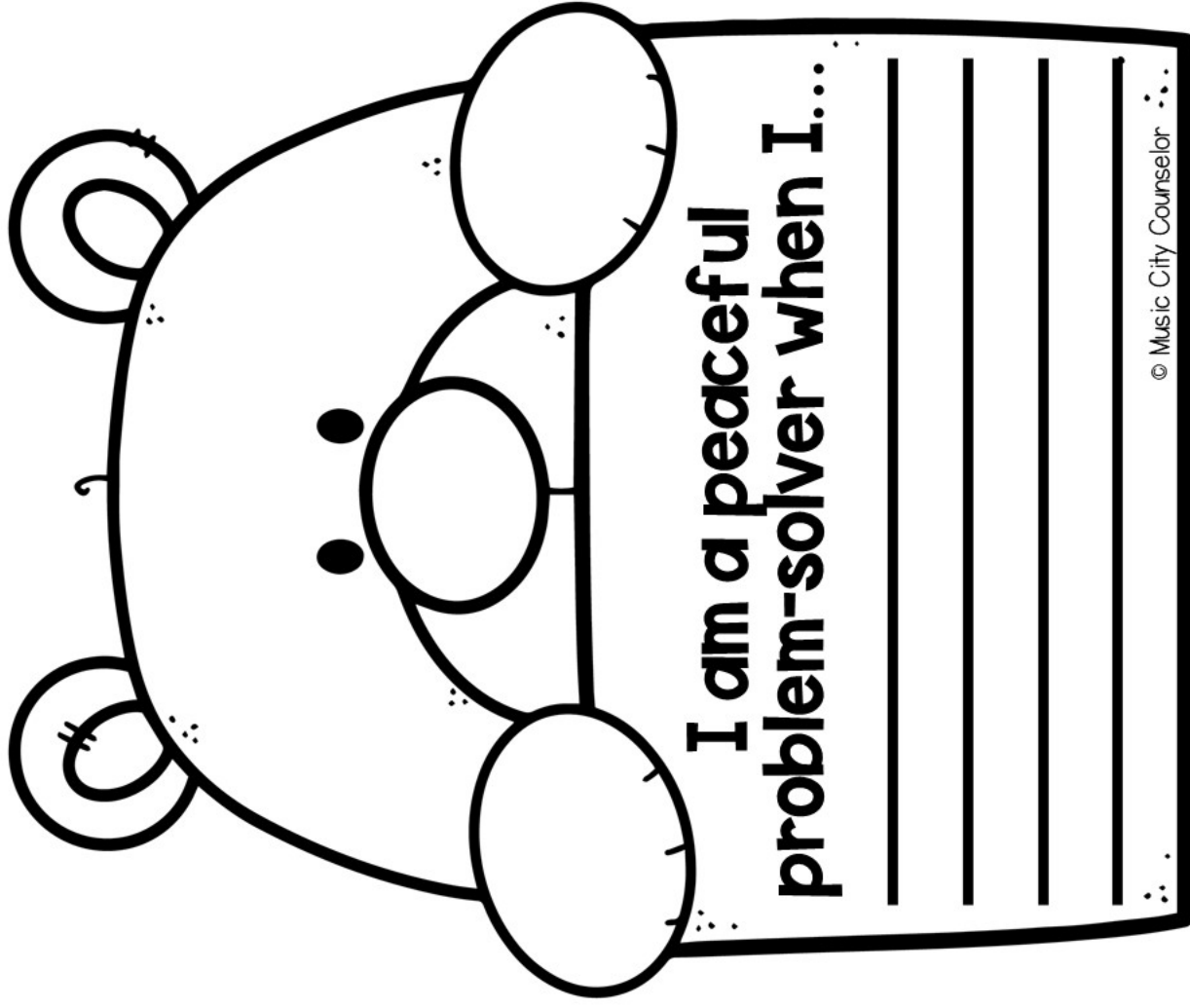
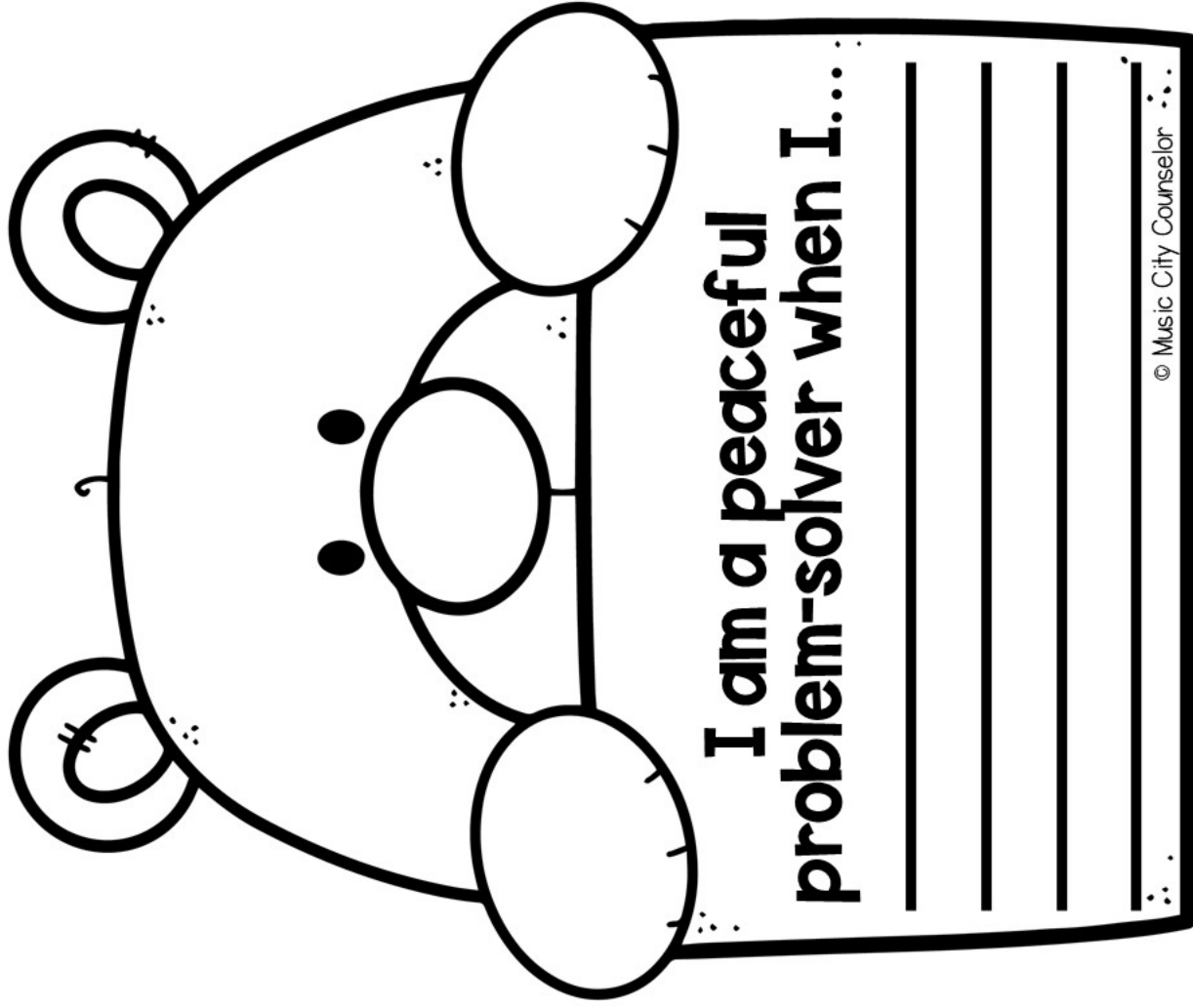
WORKSHEETS & COLORING PAGES

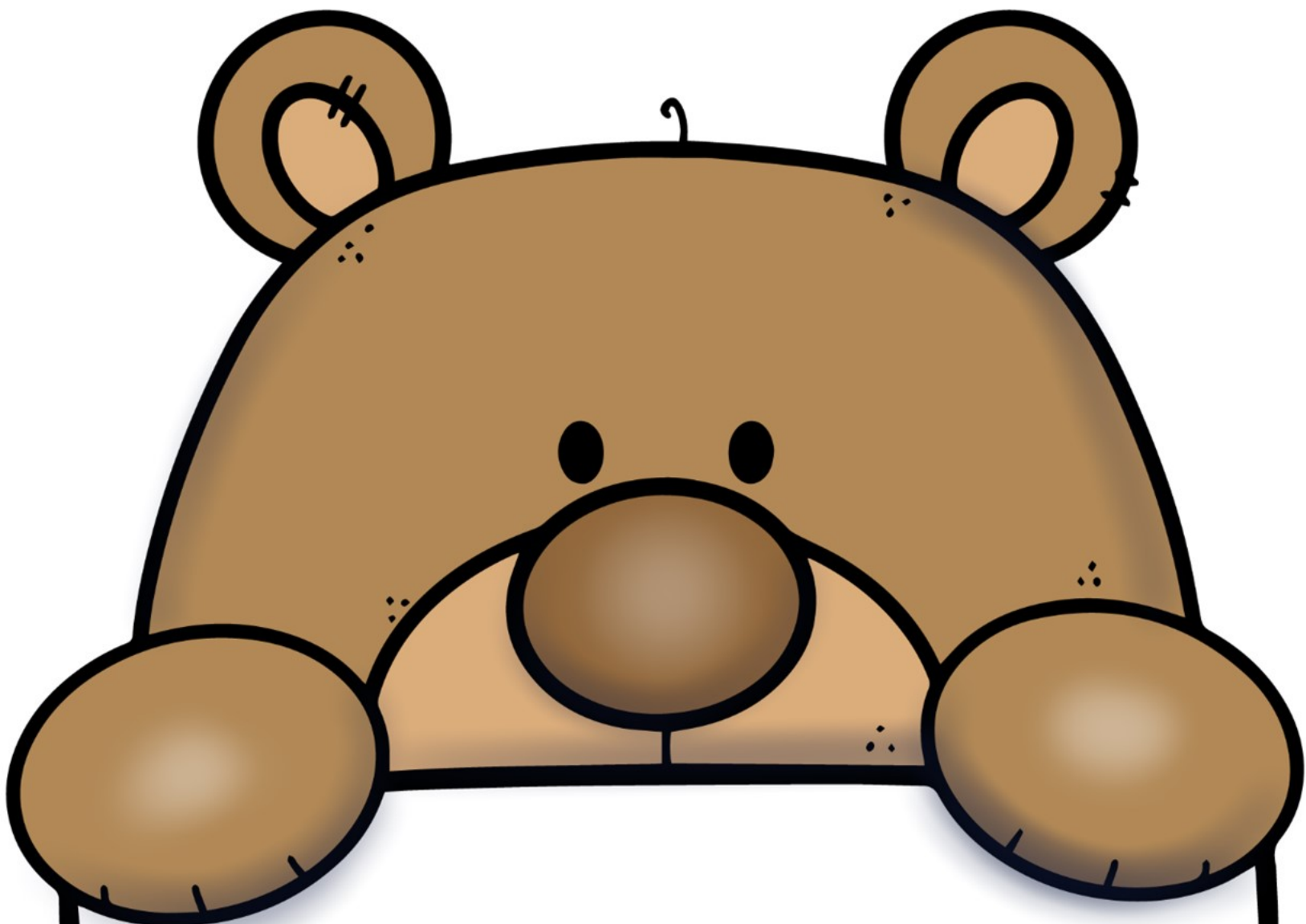


**I am a peaceful
problem-solver when I...**

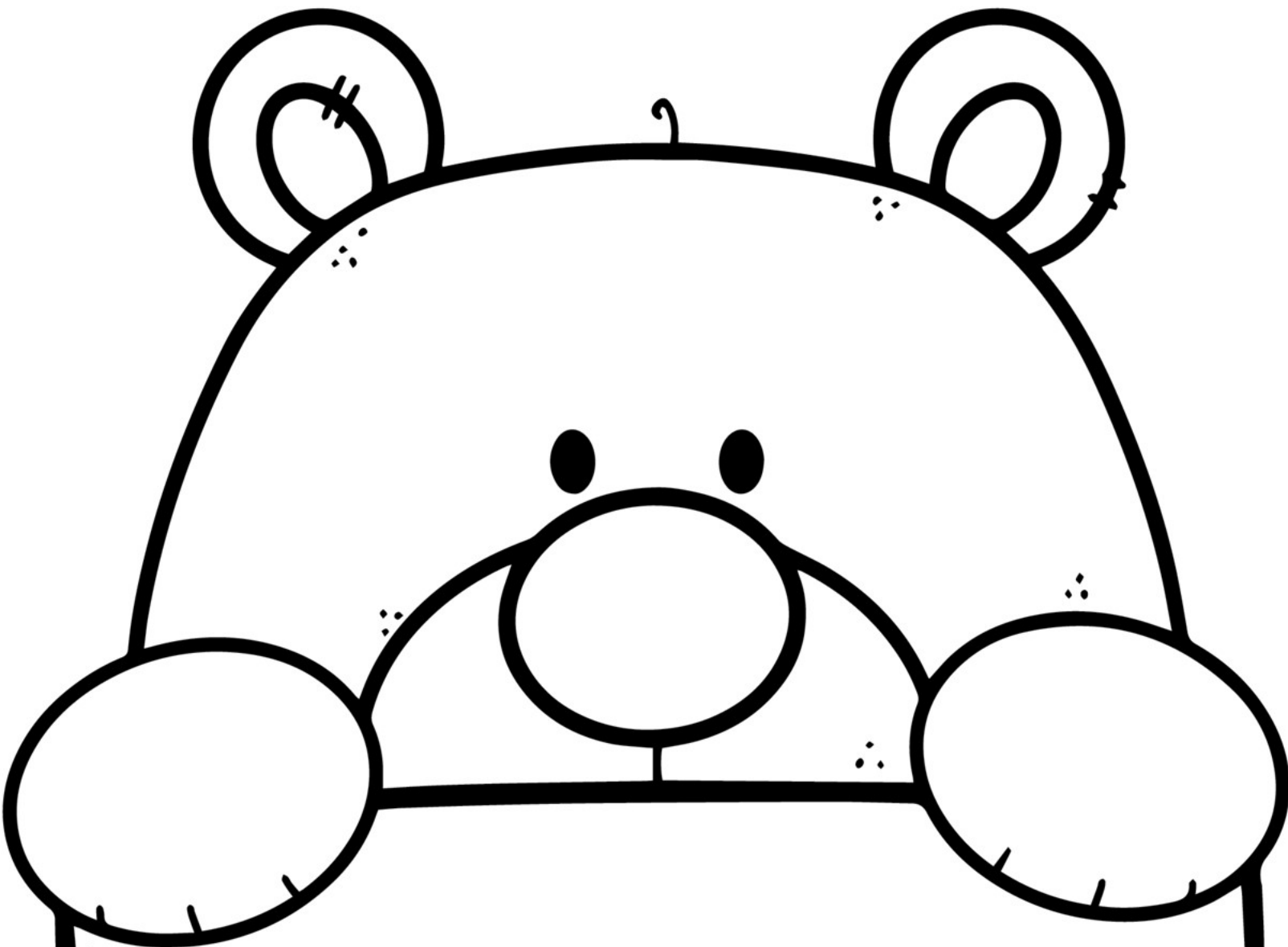


**I am a peaceful
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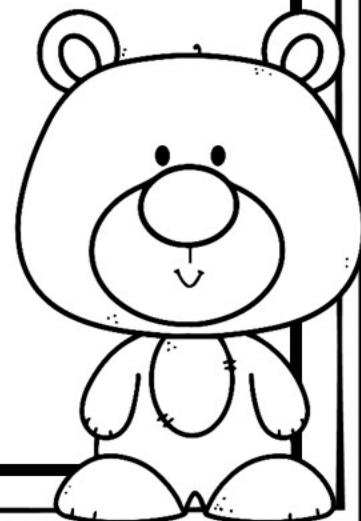
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**I am a peaceful
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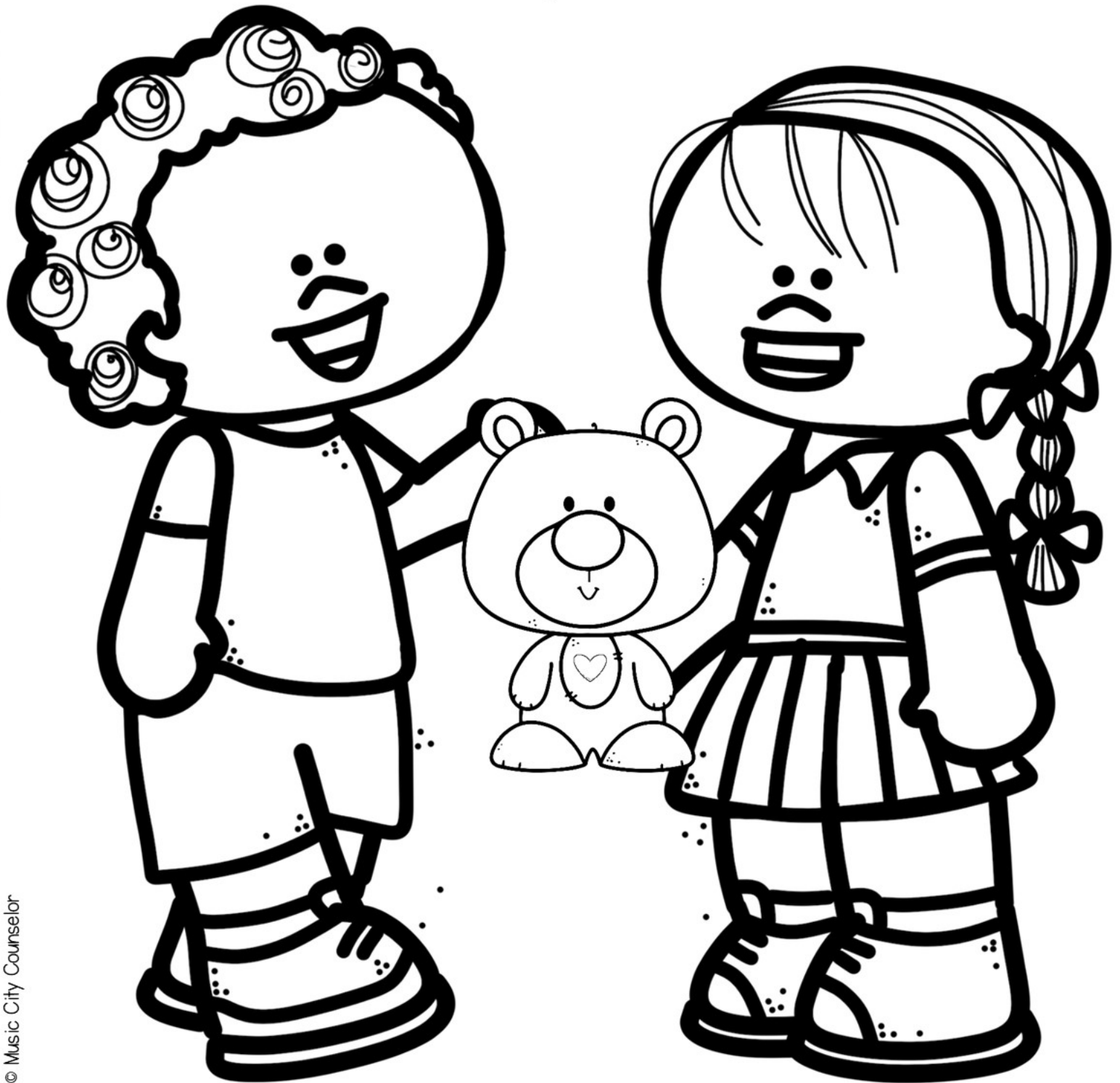
Name: _____

How could the **BUDDY BEAR** help
you solve a problem peacefully?



Name: _____

I can be a peaceful problem-solver with the **BUDDY BEAR!**



Name: _____

How could the **BUDDY BEAR** help you solve these problems with an I-Message?

Juan played too rough at recess.



Shirley ignored you during morning meeting.





Keisha distracted you during math centers.



Charlie wouldn't let you have a turn on the slide.

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