

○ MUSIC  city COUNSELOR

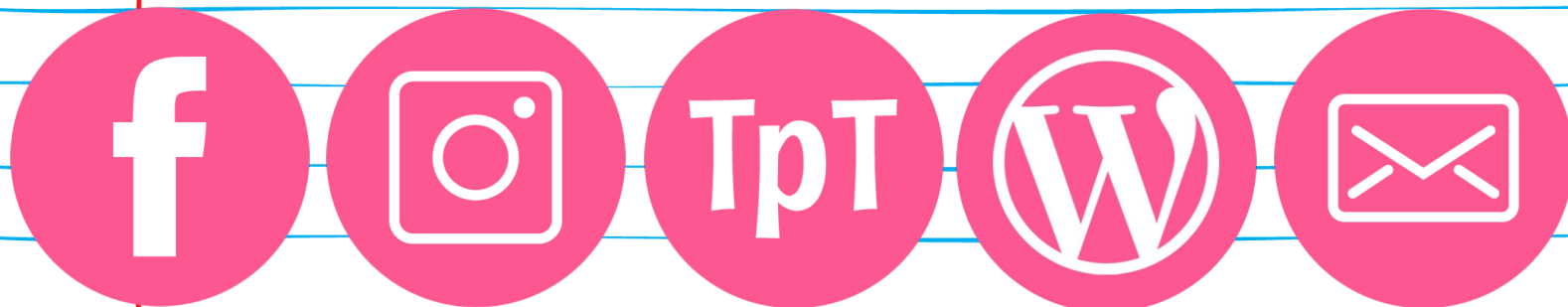
THANK YOU FOR YOUR  
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my **website** and **membership**!

○ ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# ASCA MINDSETS & BEHAVIORS:

## Mindset Standards:

- M 1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being
- M 2: Sense of acceptance, respect, support, and inclusion for self and others in the school environment

## Behavior Standards:

- B-SMS 1: Responsibility for self and actions
- B-SMS 2: Self-discipline and self-control
- B-SMS 7: Effective coping skills
- B-SMS 9: Personal safety skills
- B-SS 2: Positive, respectful, and supportive relationships with students who are similar to and different from them
- B-SS 4: Empathy
- 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 PAGE I:

This lesson will take approximately 45 minutes to teach.

## Materials Needed:

- "Bully B.E.A.N.S." by Julia Cook book or read-aloud video
- PowerPoint or digital for Google Slides™ presentation
- Printed posters, Bully Beans Affirmations, craft, and worksheets
- Scissors
- Glue sticks
- Crayons or markers
- Pencils
- 1 piece of construction paper per student

## Recommended Sequence:

- Read the story, "Bully B.E.A.N.S." by Julia Cook aloud to students or show a YouTube read aloud of the story.
- Review the PowerPoint or digital for Google Slides™ presentation with students.
- Complete the craft with students.
- Choose a **worksheet or coloring page** to close the lesson.
- Give each student a Bully Bean affirmation as they leave.

## Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. Start by reading the story "Bully B.E.A.N.S." by Julia Cook aloud to students (or showing a video read-aloud).

The presentation summarizes the story and teaches students about bullying prevention. Students learn the definition of bullying and upstander. They review the main character's struggles at school with Maxine, and her

# DIRECTIONS PAGE 2:

mom's suggestion of Bully B.E.A.N.S. Then, students learn 8 ways to be an upstander and stop bullying. The presentation includes discussion questions about the story and bullying prevention. This is a great time to ask students to "turn and talk" with a partner, then share out their ideas with the class.

## Craft:

Give each student a print-out of the craft, a piece of construction paper, a glue stick, scissors, crayons or markers, and a pencil. Students can start by writing inside of each Bully Bean one way to be an upstander. Then, they can color the beans and bag. Next, they can cut out the beans and glue them onto the bag. Then, they can cut out the BULLY BEANS title and the bag with beans in it. Students can glue the BULLY BEANS title to the top of the page of construction paper and glue the bag with the beans inside of it below it. Please see the sample on the next page.

## Worksheets & Coloring Pages:

Assorted worksheets and coloring pages are included in full color and black/white. Please choose the ones that best fit the needs and abilities of your students.

## Bully Beans Anti-Bullying Affirmations:

10 Bully Beans Anti-Bullying Affirmations are included in full color and black/white. You can use these in many different ways! You can give students a bean as they leave the lesson. You can give small groups a set of beans and let them discuss them. You could give students a black/white bean and let them decorate it. I also included a totally blank set of beans. You could let students write an anti-bullying affirmation on them and decorate them.



# CRAFT SAMPLE

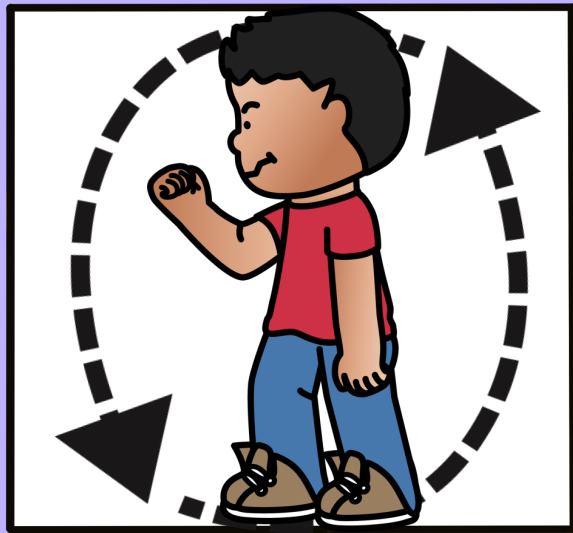
## BULLY BEANS



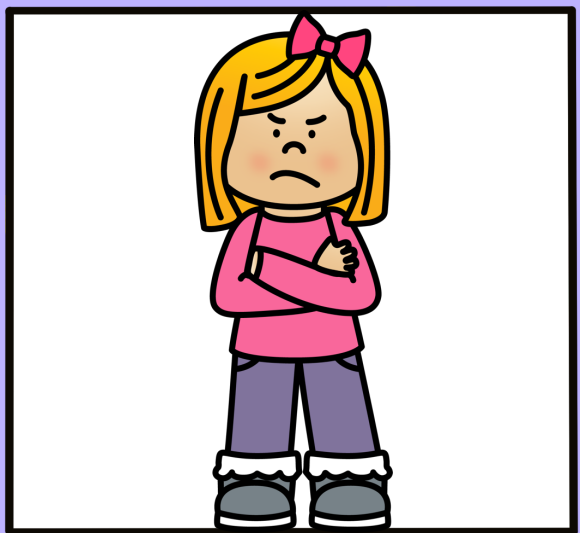
**POSTERS**

# What is **BULLYING?**

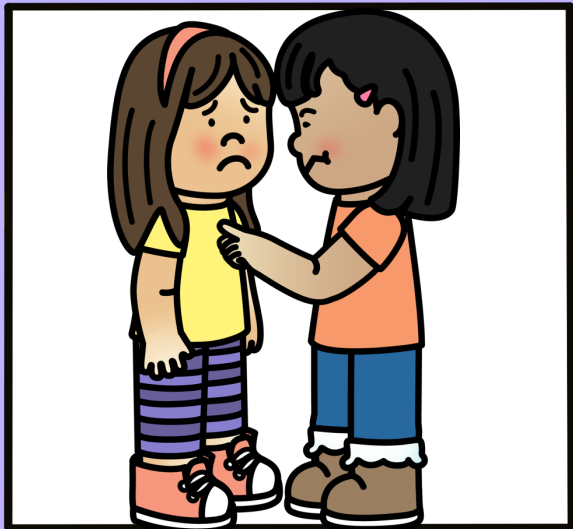
A hurtful choice that:



HAPPENS REPEATEDLY



IS DONE ON PURPOSE

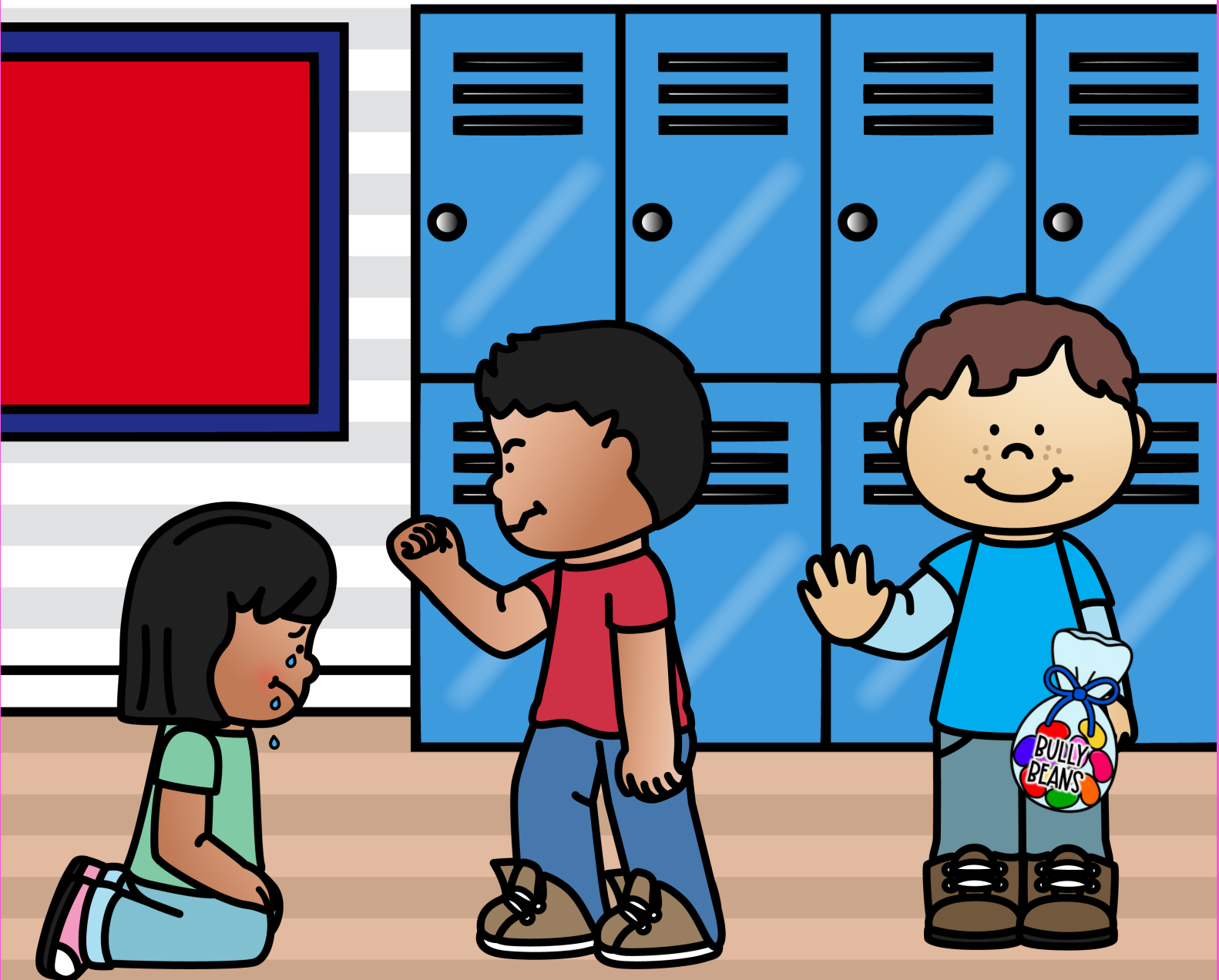


IS ONE-SIDED

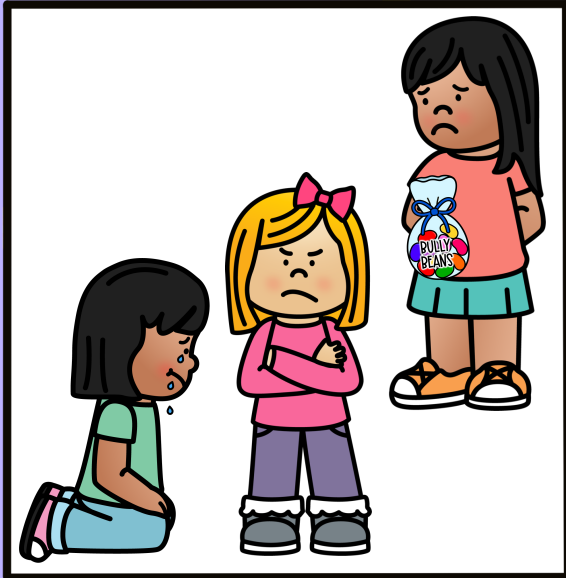


# What is an **UPSTANDER?**

A hero that is brave and strong enough to **STAND UP** to bullying.



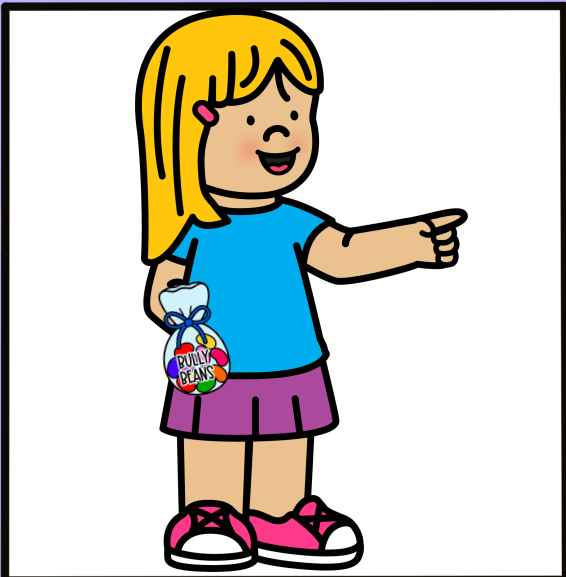
# Ways to be an **UPSTANDER**



Decide if it's safe  
for you to help.



Find friends to stand  
up with you.



Distract attention so  
they can get away.



Say, "Stop! Leave us  
alone!"



# Ways to be an **UPSTANDER**



Ignore it or walk  
away.



Choose kindness.  
We all need a friend.



Report it to a  
grown-up.

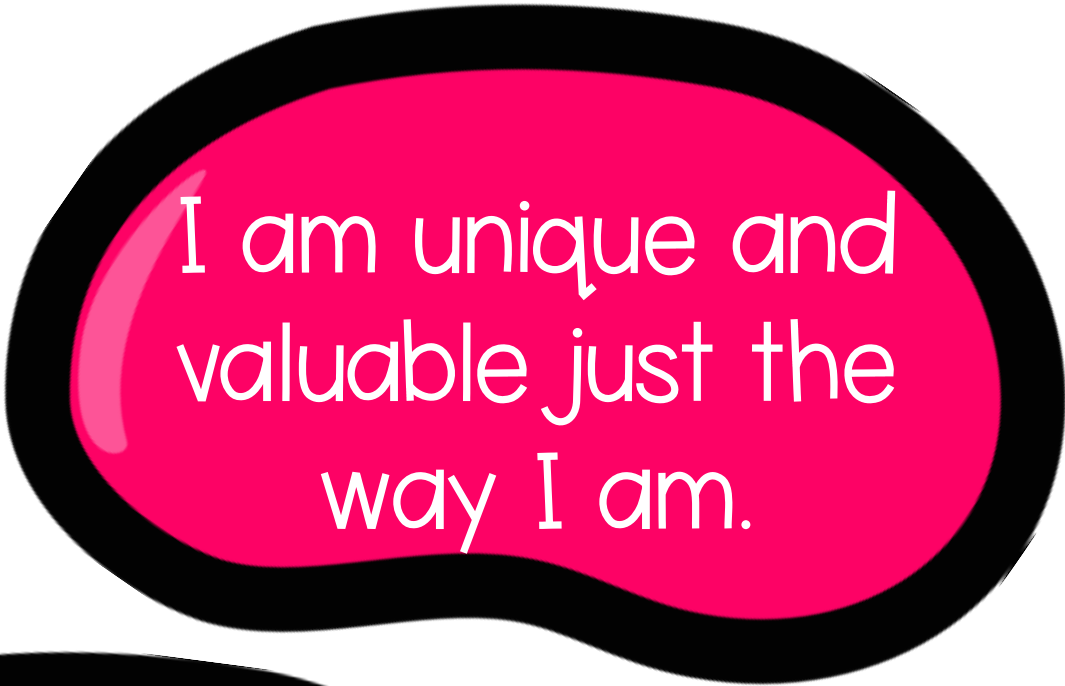


Comfort and care  
for the person.

**BULLY BEANS  
ANTI-BULLYING  
AFFIRMATIONS**

A blue speech bubble with a thick black border and a slight gradient, containing white text.

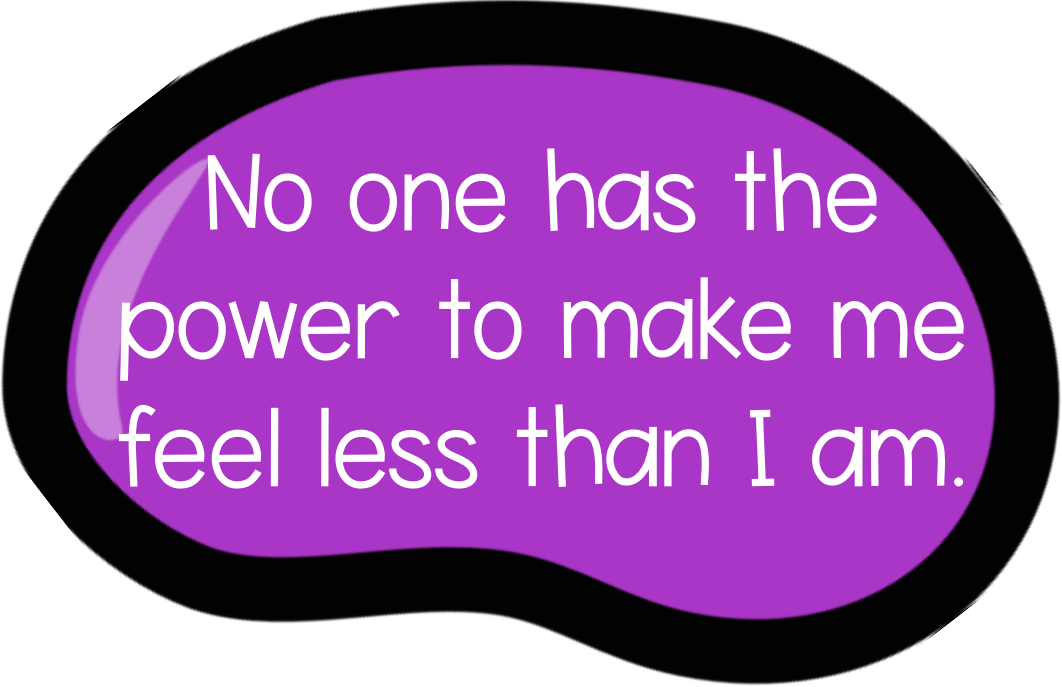
I deserve  
kindness and  
respect.

A pink speech bubble with a thick black border and a slight gradient, containing white text.

I am unique and  
valuable just the  
way I am.

A pink speech bubble with a thick black border and a slight gradient, containing white text.

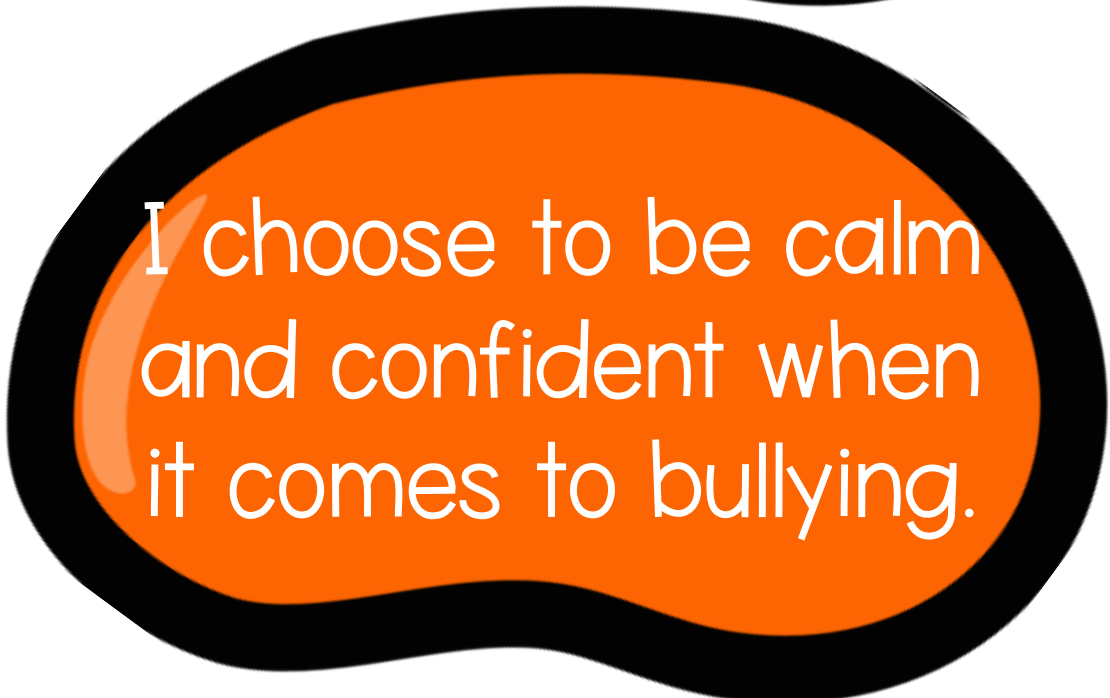
I am a hero who  
stands up to  
bullying!

A purple speech bubble with a thick black border and a slight gradient, containing white text.

No one has the  
power to make me  
feel less than I am.

A red speech bubble with a thick black border and a slight gradient, containing white text.


I won't let anyone  
treat me with  
disrespect.

An orange speech bubble with a thick black border and a slight gradient, containing white text.

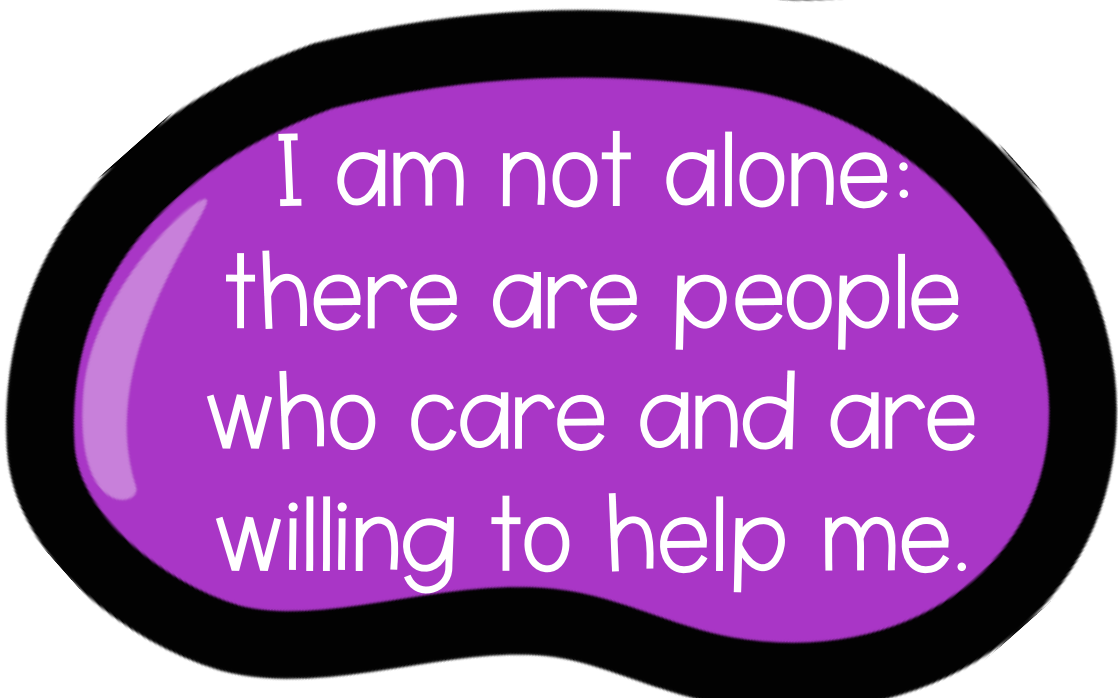
I choose to be calm  
and confident when  
it comes to bullying.

A green speech bubble with a thick black border and a slight gradient, containing white text.

I have the right to  
feel safe and  
happy at school.

A yellow speech bubble with a thick black border and a slight gradient, containing black text.

I want my school  
to be a safe place  
to learn and play.

A purple speech bubble with a thick black border and a slight gradient, containing white text.

I am not alone:  
there are people  
who care and are  
willing to help me.

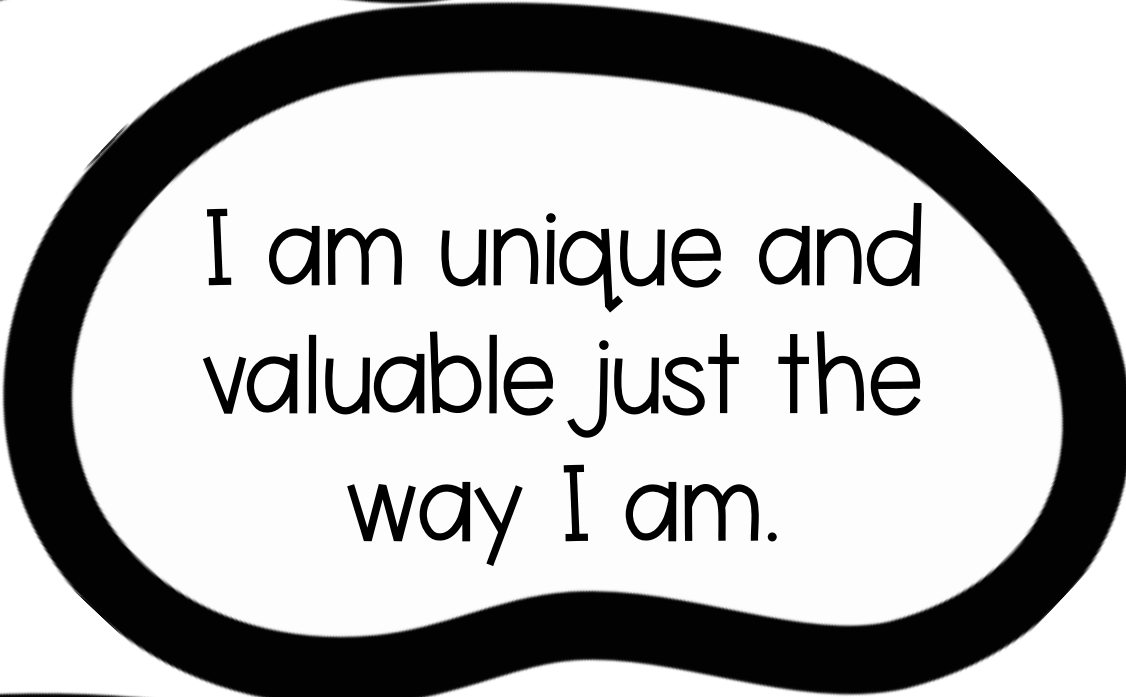




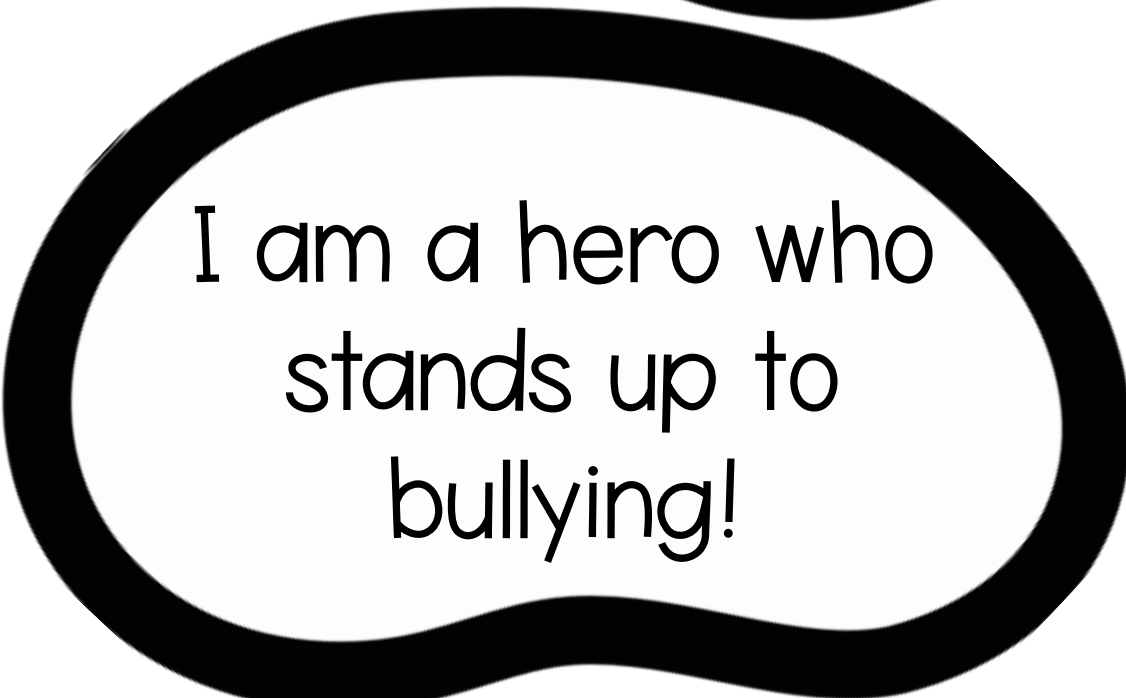
I won't give bullies  
the attention or  
power they want.



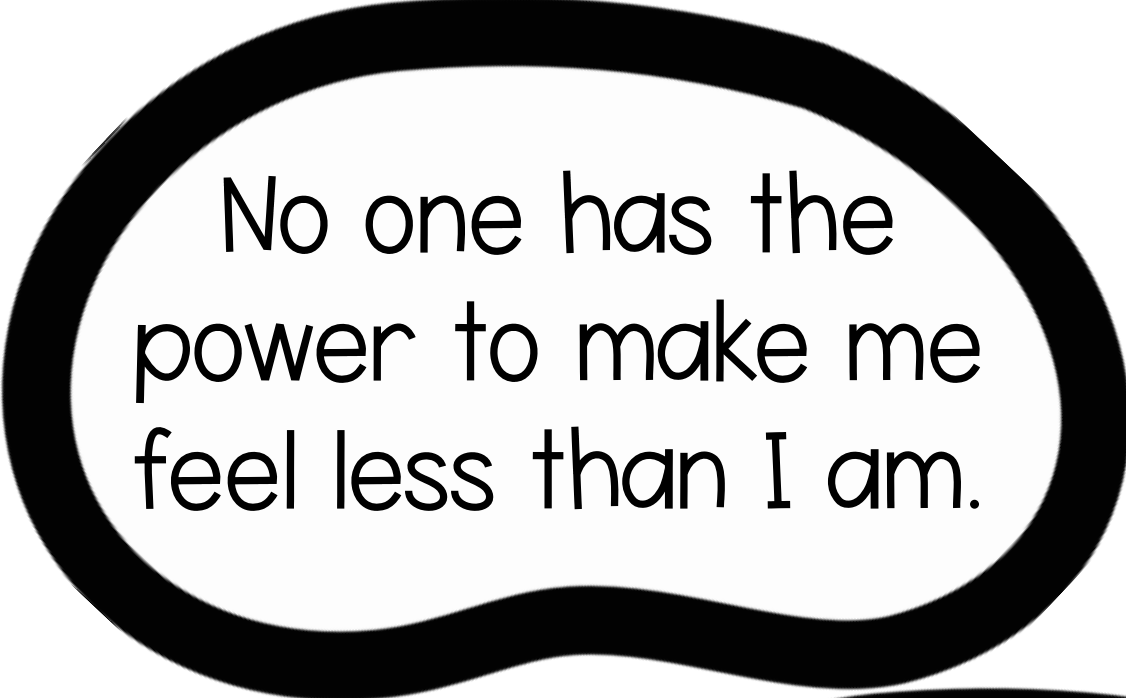
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I am unique and  
valuable just the  
way I am.



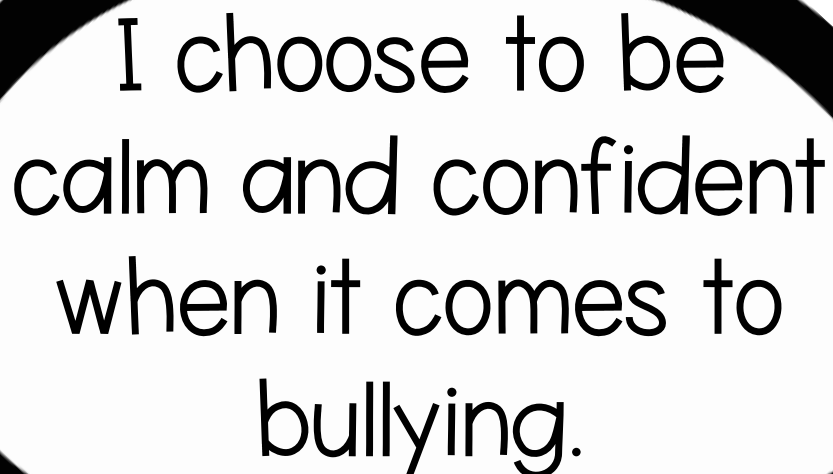
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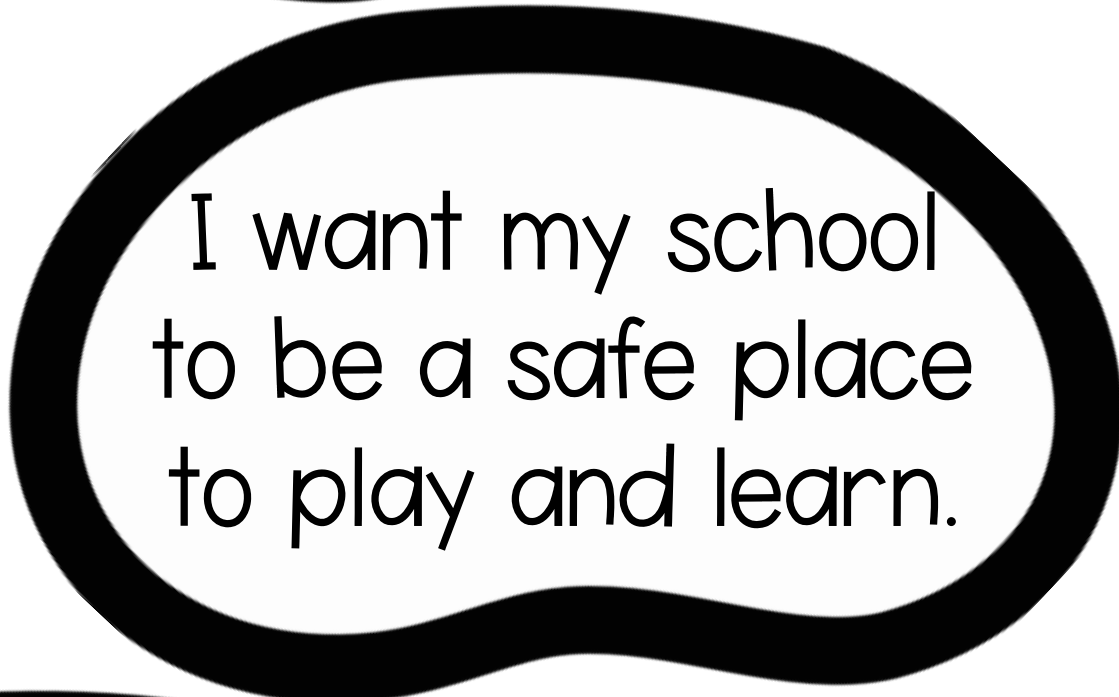
I won't let anyone  
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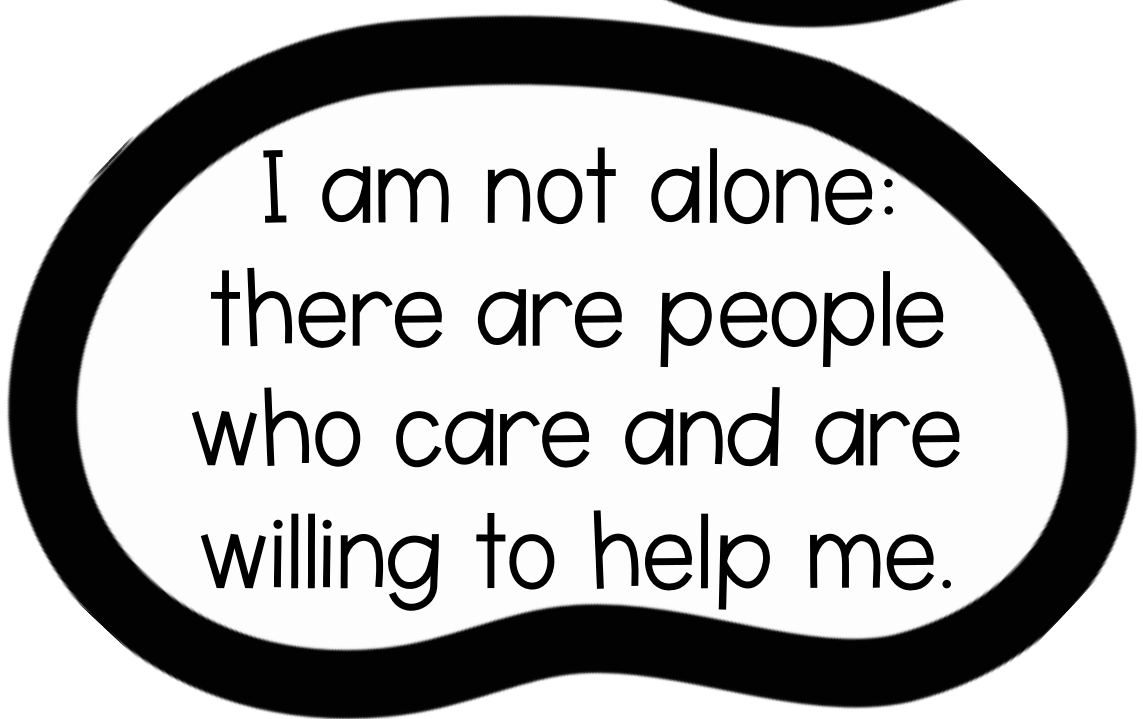
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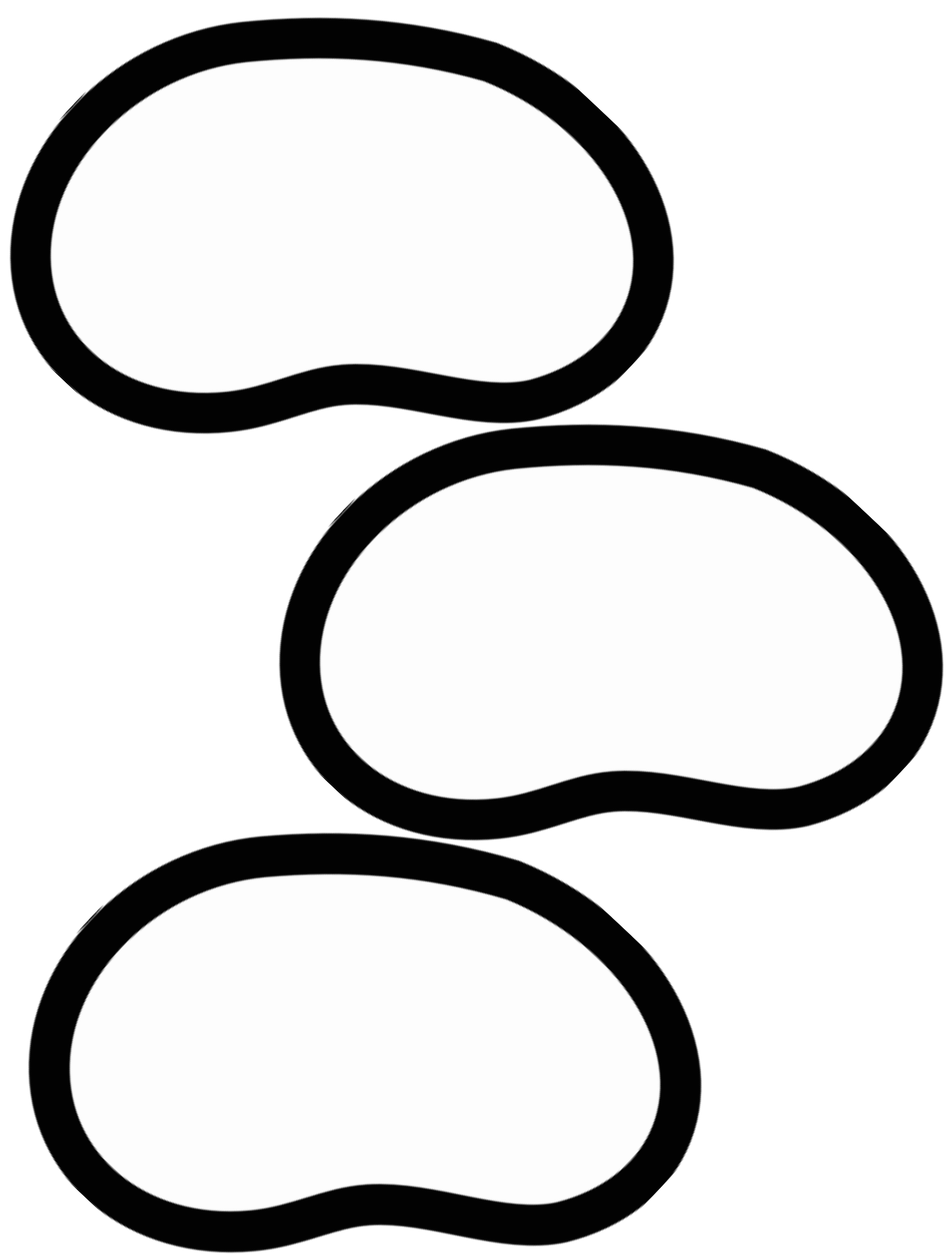


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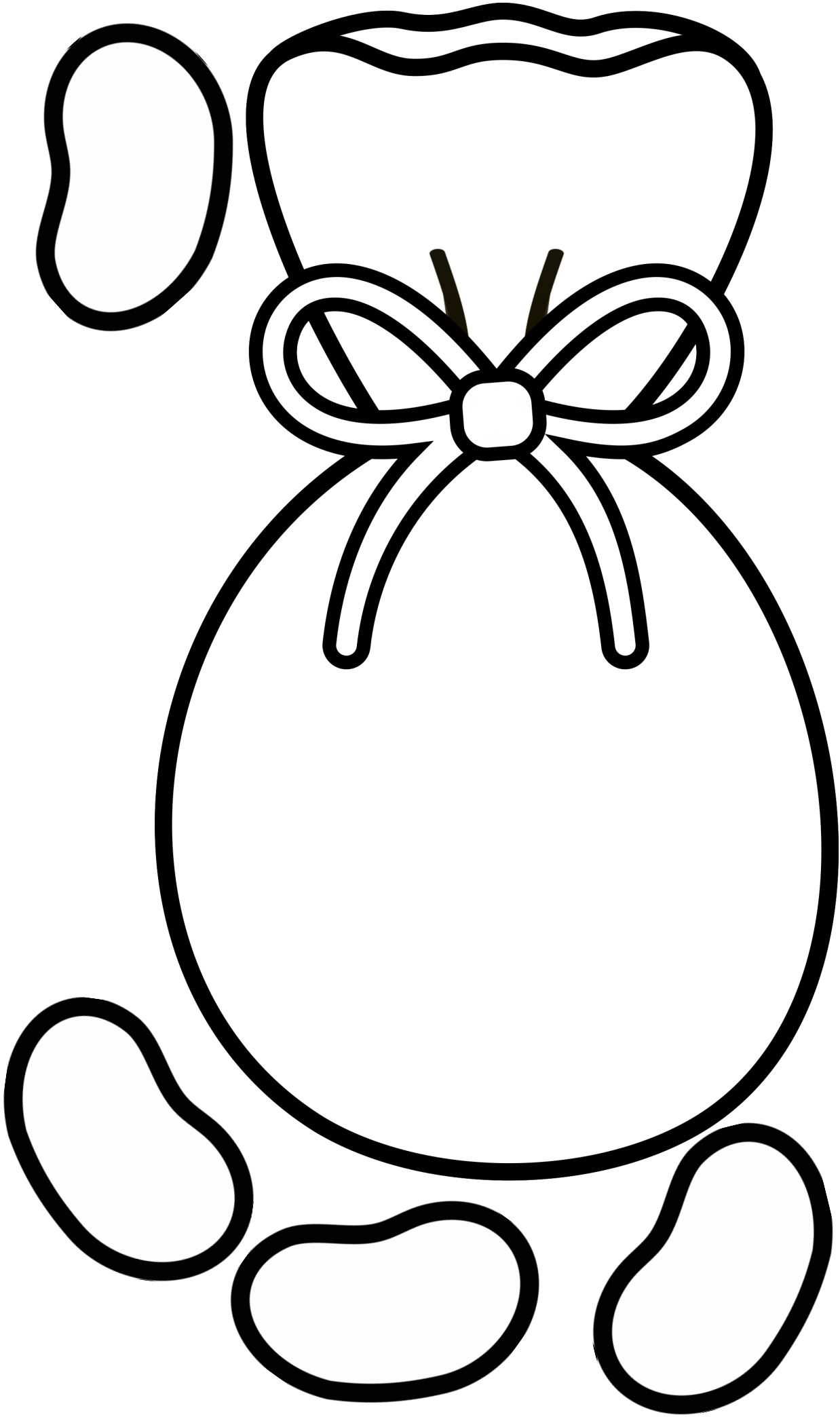
I won't give bullies  
the attention or  
power they want.





**CRAFT**

**BULLY BEANS**

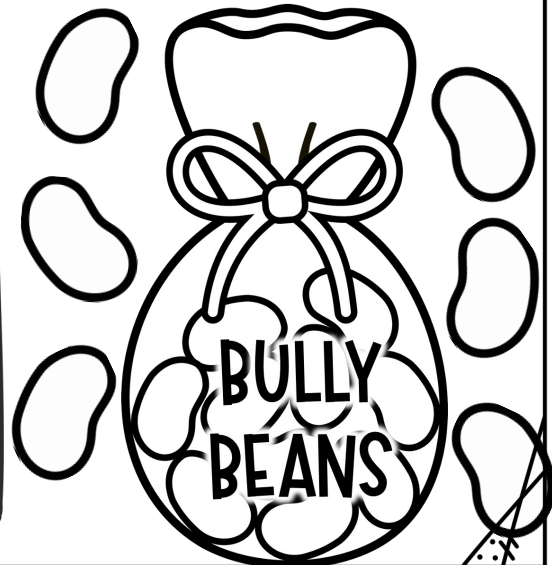
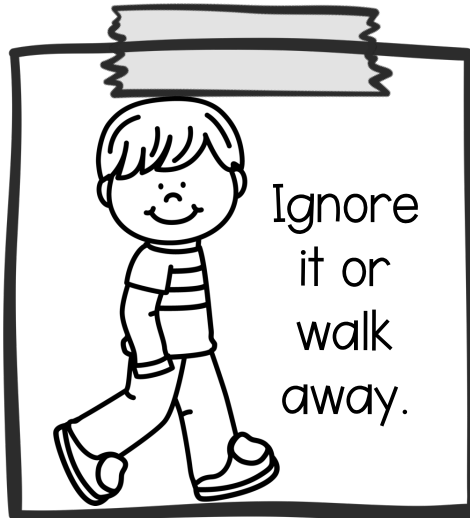
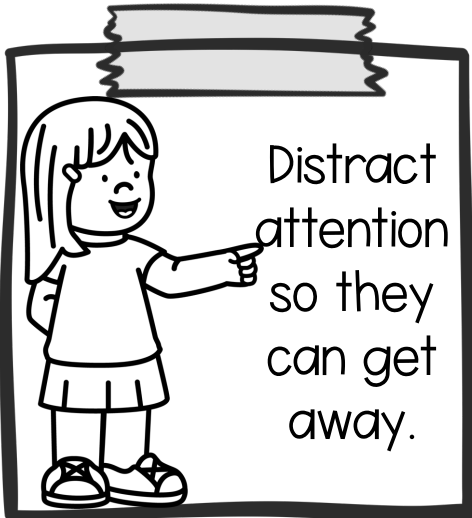


# **WORKSHEETS & COLORING PAGES**

Name: \_\_\_\_\_

# BULLY BEANS

Color your favorite ways to be an upstander.

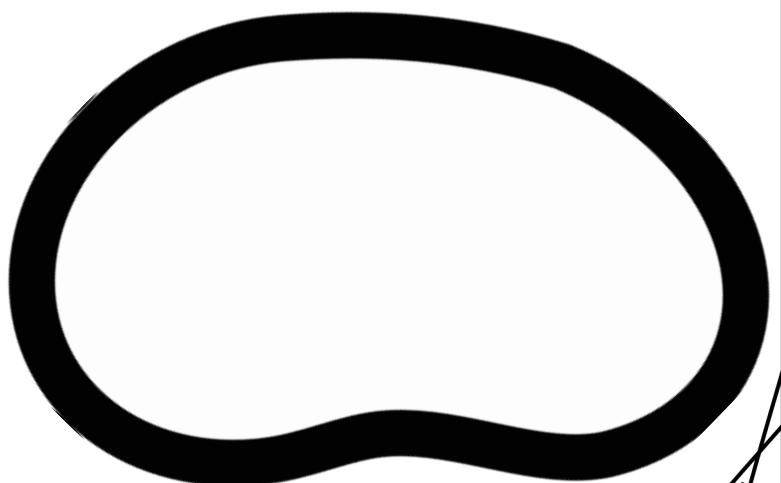
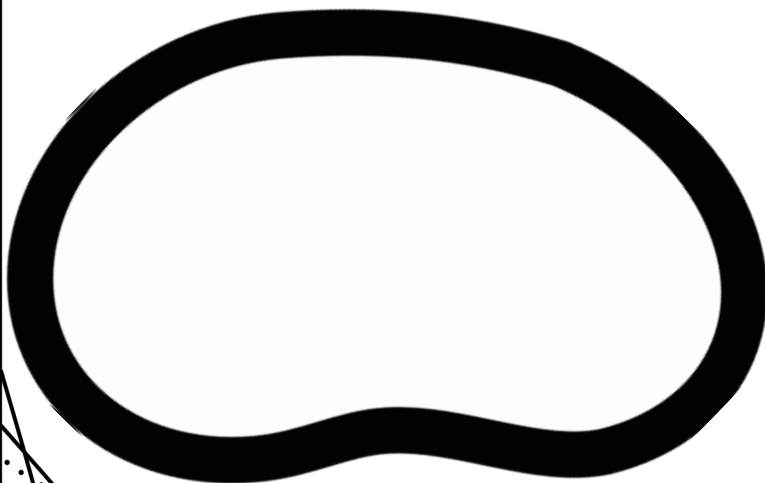
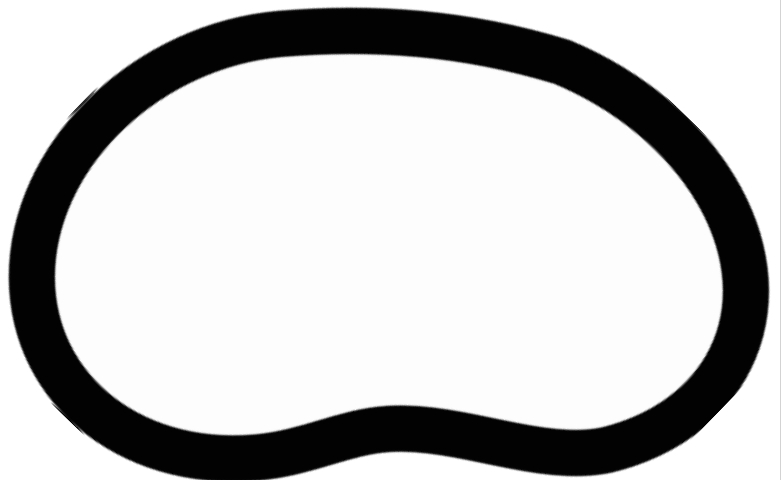
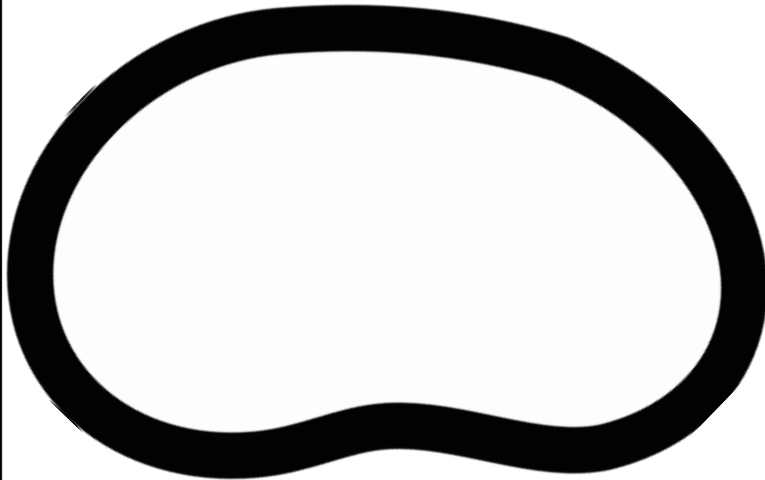
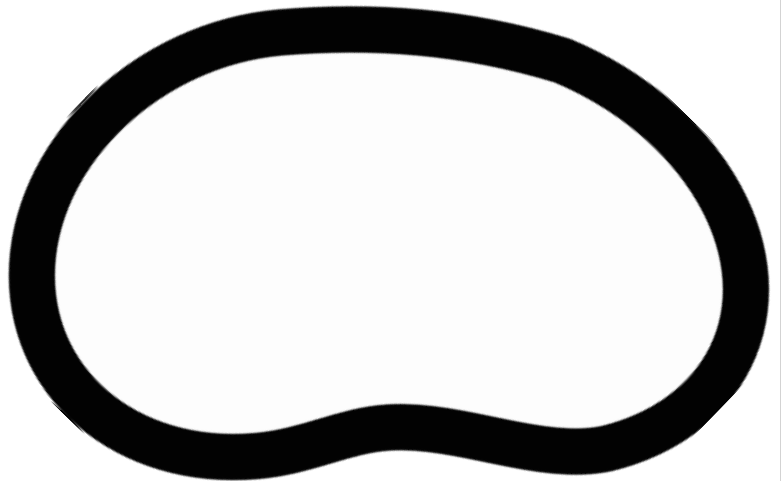
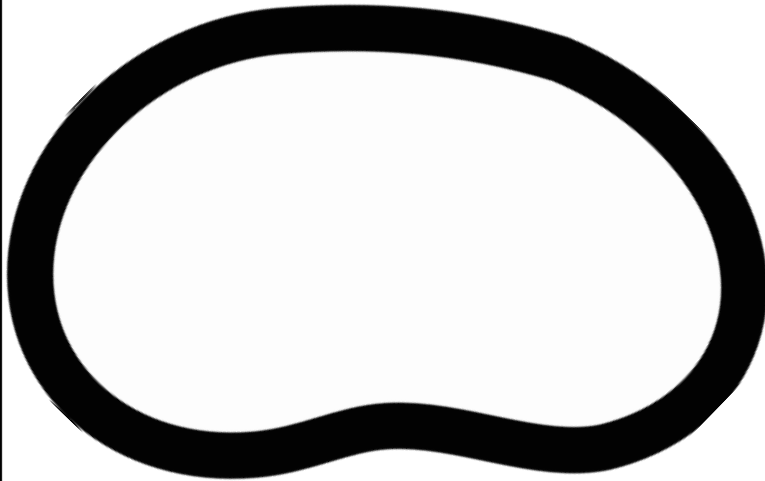




Name: \_\_\_\_\_

# BULLY BEANS

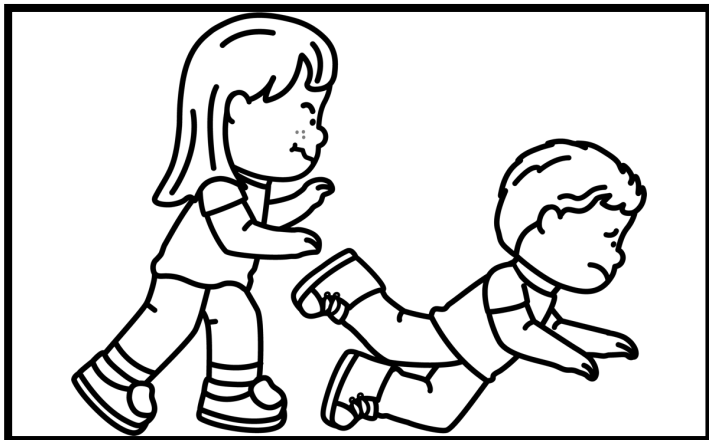
Write affirmations on the Bully Beans that give you the courage to be an upstander.



Name: \_\_\_\_\_

# BULLY BEANS

Write about how could you be an upstander in each of these situations.

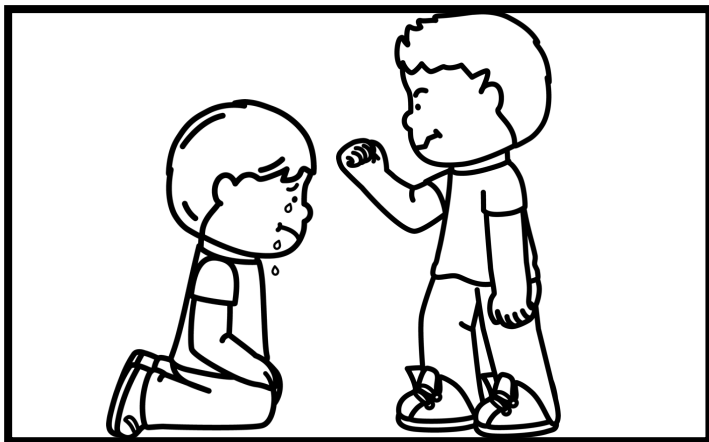


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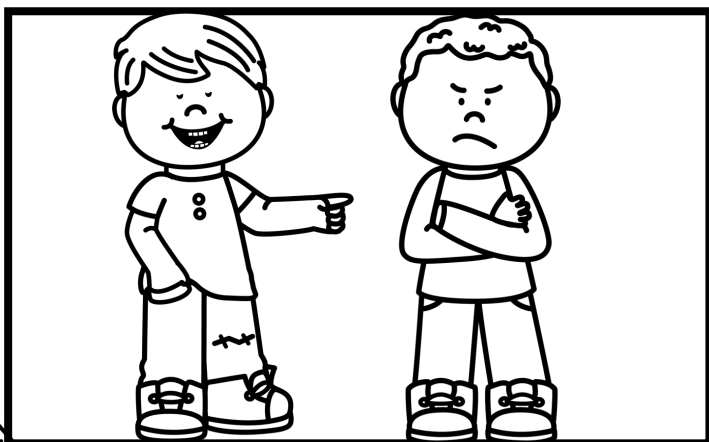


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Name: \_\_\_\_\_

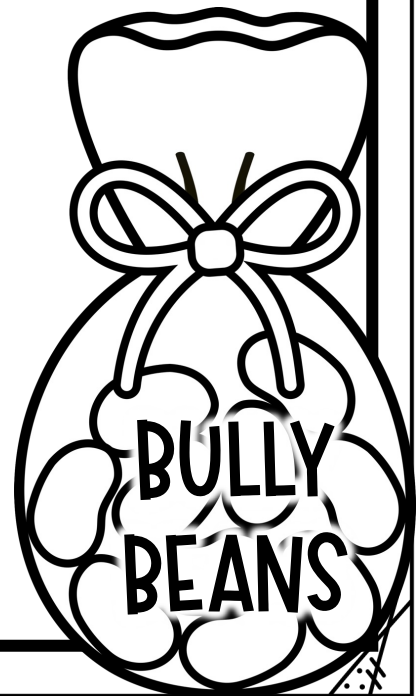
# BULLY BEANS

Write and draw about a time when you  
were an upstander.

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Name: \_\_\_\_\_

# BULLY BEANS

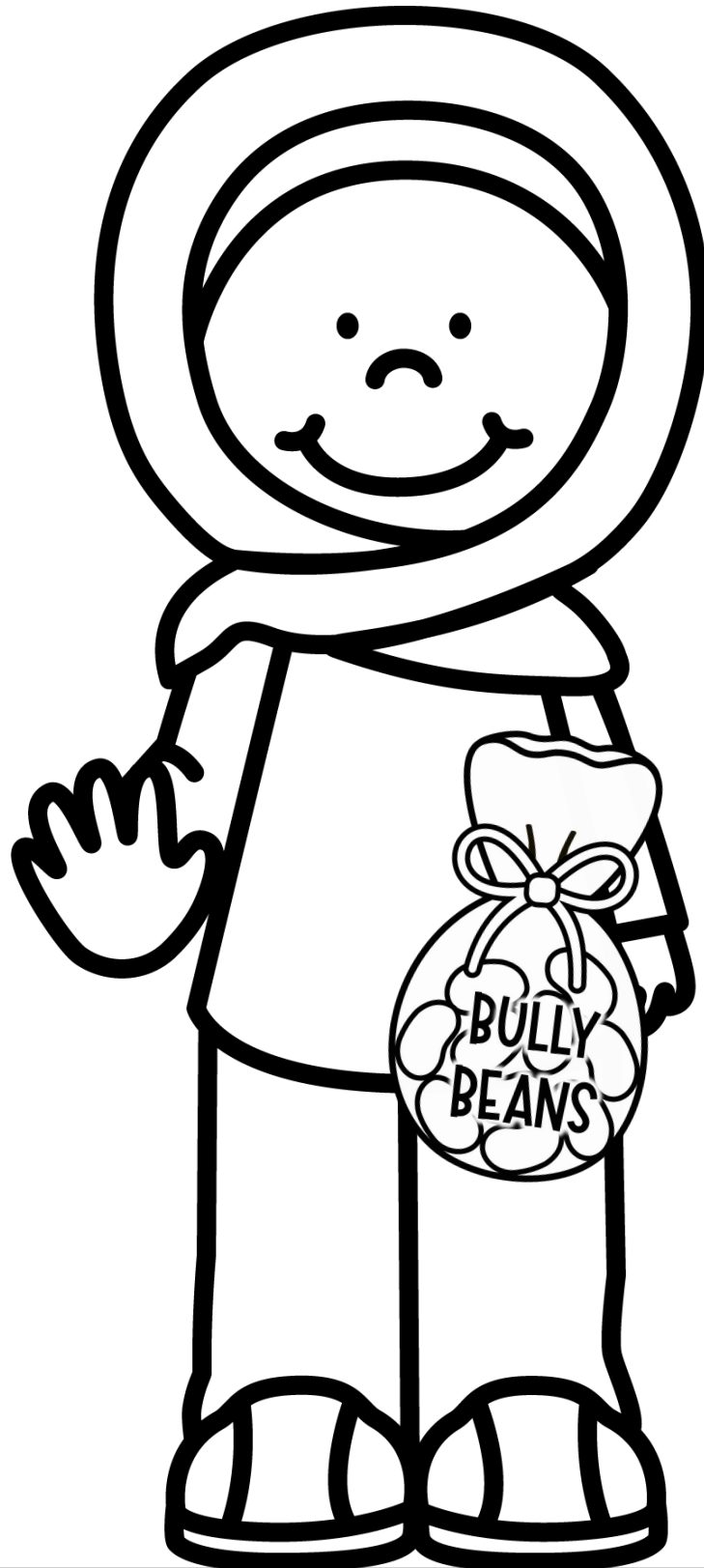
give me the courage to be an upstander!



Name: \_\_\_\_\_

# BULLY BEANS

give me the courage to be an upstander!



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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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