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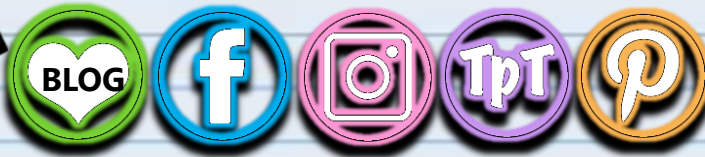
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Ashley

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LET'S TALK ABOUT BULLYING

Game Objective:

*Be the first to get rid of all the cards in your hand. Answer all the discussion questions on your cards.

Materials:

*Print card deck either double sided, or laminate them so they are back to back with one side of the card being "Let's Talk about Bullying" and the other side being a discussion question. I recommend laminating either way so the deck lasts longer.

Game Instructions:

*Play this game as you would play UNO, except students must answer the discussion question on their card to play the card.

*Choose a dealer and shuffle the cards. Deal 7 cards to each player. Place the remaining cards face down in the center of the table. This is the draw pile. Flip over the top card on the draw pile, place it face up to form the discard pile. (If this card is an action card, ignore it and flip over to the next card). The player to the left of the dealer goes first and proceed clockwise.

*On your turn, you try to get rid of your cards by playing one card onto the discard pile.

****If you have a matching card in your hand,*** you may play it on the discard pile. (You can only play a card if it matched at least one attribute of the top card on the discard pile: its color, number, or symbol. If the card you played is an action card, it does something special (see action cards below). You must answer to question on the card that you play.

****If you do NOT have a matching card,*** draw one card from the draw pile. (If your new card can be played, then you play it now. You may choose to draw a card instead of playing one, even if you have a playable card in your hand.

*The moment you have only one card in your hand, you must yell UNO to alert the other players you are about to win. If someone beats you to it and calls UNO before you, then you must draw two cards.

*When a player plays their final card, they WIN!

*Action cards:

*Draw Two card: When played, the next player must draw two cards and lose their turn.

*Skip card: When played, the next player loses their turn.

*Reverse card: When played, the direction of play is reversed.

*Wild card: This card matches anything so you can play it no matter what card is on the discard pile. When you play a Wild card, you also get to choose the color that continues play.

*Wild Draw Four card: This card matches anything so you can play it no matter what card is on the discard pile. The next player draws four cards and loses their turn. You also get to choose the color that continues play.

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Behavior: Social Skills: Positive, respectful and supportive relationships with students who are similar to and different from them. (B-SS 2)

SEL Competencies:

*Relationship skills: Social engagement, Relationship building.



1



**WHAT IS
BULLYING?**

... **BULLYING** ...

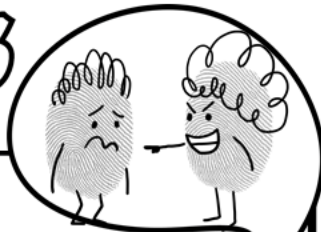
2



**HOW IS
BULLYING
DIFFERENT
FROM TEASING?**

... **BULLYING** ...

3



**WHAT ARE
SOME DIFFERENT
TYPES OF
BULLYING?**

... **BULLYING** ...

4



**CAN BULLYING
HAPPEN
ONLINE? HOW?**

... **BULLYING** ...

5



**WHY DO SOME
PEOPLE BULLY
OTHERS?**

... **BULLYING** ...

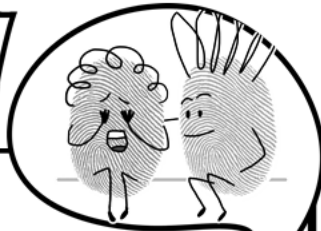
6



**WHAT ARE
SOME WAYS
PEOPLE CAN
BULLY WITHOUT
USING WORDS?**

... **BULLYING** ...

7



**HOW DOES
BULLYING
MAKE PEOPLE
FEEL?**

... **BULLYING** ...

8



**WHAT SHOULD
YOU DO IF YOU
SEE SOMEONE
BEING BULLIED?**

... **BULLYING** ...



9



HOW DO YOU
THINK A BULLY
FEELS AFTER
HURTING
SOMEONE?

... **BULLYING** ...

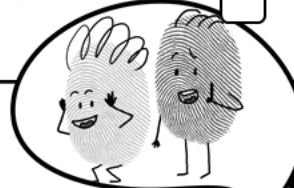
10



WHAT ARE SOME
SIGNS THAT
SOMEONE IS
BEING BULLIED?

... **BULLYING** ...

Draw Two



HAVE YOU EVER
SEEN SOMEONE
BEING BULLIED?
WHAT HAPPENED?

... **BULLYING** ...

Reverse



WHAT WOULD
YOU DO IF A
FRIEND WAS
BEING MEAN TO
SOMEONE ELSE?

... **BULLYING** ...

Skip



HOW DO YOU
KNOW WHEN
SOMEONE IS
JOKING OR BEING
MEAN?

... **BULLYING** ...

Skip



IS EXCLUDING
SOMEONE FROM A
GAME OR GROUP A
FORM OF BULLYING?
WHY OR WHY NOT?

... **BULLYING** ...

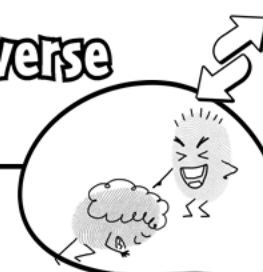
Draw Two



WHAT DOES
CYBERBULLYING
LOOK LIKE?

... **BULLYING** ...

Reverse



HOW DO
BULLIES
CHOOSE THEIR
TARGETS?

... **BULLYING** ...



1



**CAN ADULTS
BE BULLIES
TOO? HOW?**

... **BULLYING** ...

2



**WHY DO YOU
THINK SOME
PEOPLE DON'T
REPORT
BULLYING?**

... **BULLYING** ...

3



**DO YOU THINK
BULLYING
HAPPENS MORE
IN SCHOOL OR
ONLINE? WHY?**

... **BULLYING** ...

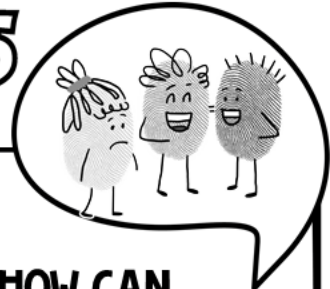
4



**IS IT POSSIBLE
FOR SOMEONE
TO BULLY
WITHOUT
REALIZING IT?**

... **BULLYING** ...

5



**HOW CAN
BULLYING AFFECT
A PERSON'S
CONFIDENCE?**

... **BULLYING** ...

6



**HOW DOES
BULLYING MAKE
PEOPLE FEEL ON
THE INSIDE?**

... **BULLYING** ...

7



**HOW DOES
BULLYING
AFFECT
FRIENDSHIPS?**

... **BULLYING** ...

8



**WHAT MIGHT
HAPPEN IF
SOMEONE IS
BULLIED FOR A
LONG TIME?**

... **BULLYING** ...



9



**HOW DOES
BULLYING AFFECT
LEARNING AT
SCHOOL?**

... **BULLYING** ...

10



**WHY DO YOU
THINK PEOPLE WHO
ARE BULLIED
SOMETIMES DON'T
WANT TO COME TO
SCHOOL?**

... **BULLYING** ...

9



**HOW CAN
BULLYING AFFECT
A PERSON'S
FUTURE?**

... **BULLYING** ...

10



**DO YOU THINK
BULLIES FEEL HAPPY
ABOUT WHAT THEY
DO? WHY OR WHY
NOT?**

... **BULLYING** ...

9



**HOW DO YOU
THINK A BULLIED
PERSON FEELS AT
HOME?**

... **BULLYING** ...

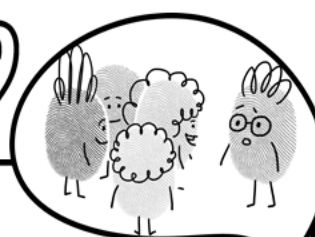
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**WHAT ARE
SOME POSITIVE
WAYS TO HELP
SOMEONE WHO
HAS BEEN BULLIED?**

... **BULLYING** ...

9



**WHAT CAN
YOU DO IF YOU
ARE BEING
BULLIED?**

... **BULLYING** ...

10



**WHAT ARE
SOME KIND WAYS
TO STAND UP FOR
SOMEONE BEING
BULLIED?**

... **BULLYING** ...



1



**SHOULD YOU
TELL AN ADULT IF
YOU SEE SOMEONE
BEING BULLIED?
WHY?**

... **BULLYING** ...

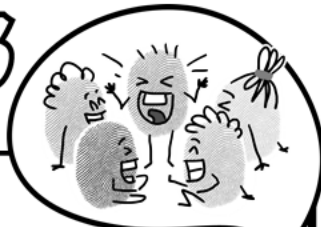
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**HOW CAN WE
ENCOURAGE
OTHERS TO SPEAK
UP ABOUT
BULLYING?**

... **BULLYING** ...

3



**IF A FRIEND IS
BULLYING
SOMEONE, WHAT
SHOULD YOU
DO?**

... **BULLYING** ...

4



**WHAT WORDS
CAN YOU SAY
TO STOP
BULLYING?**

... **BULLYING** ...

5



**DO YOU THINK
IGNORING A
BULLY IS A GOOD
STRATEGY? WHY
OR WHY NOT?**

... **BULLYING** ...

6



**WHAT SHOULD
YOU DO IF YOU
FEEL TOO SCARED
TO STAND UP TO A
BULLY?**

... **BULLYING** ...

7



**HOW CAN WE
MAKE SURE
BULLYING DOESN'T
HAPPEN IN OUR
SCHOOL?**

... **BULLYING** ...

8

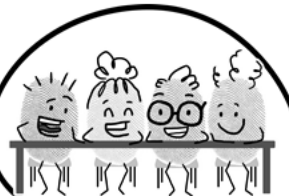


**WHO ARE TRUSTED
ADULTS THAT CAN
HELP STOP
BULLYING?**

... **BULLYING** ...



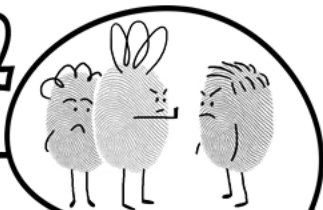
1



**HOW CAN WE
MAKE OUR
SCHOOL A
BULLY-FREE
PLACE?**

... **BULLYING** ...

2



**WHAT DOES IT
MEAN TO BE
AN
UPSTANDER?**

... **BULLYING** ...

3



**HOW DOES
KINDNESS HELP
PREVENT
BULLYING?**

... **BULLYING** ...

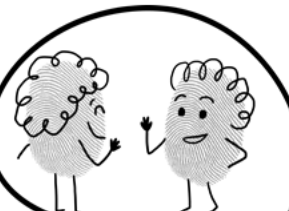
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**WHAT ARE SOME
WAYS TO INCLUDE
SOMEONE WHO
FEELS LEFT OUT?**

... **BULLYING** ...

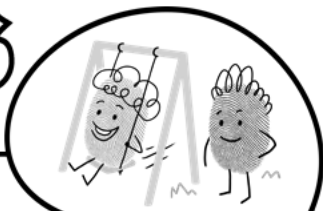
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**HOW CAN WE
MAKE NEW
STUDENTS FEEL
WELCOME AT
SCHOOL?**

... **BULLYING** ...

6



**WHAT IS A
SMALL ACT OF
KINDNESS THAT
CAN MAKE A BIG
DIFFERENCE?**

... **BULLYING** ...

7



**HOW CAN
TEAMWORK
HELP STOP
BULLYING?**

... **BULLYING** ...

8



**WHAT ARE SOME
THINGS YOU CAN DO
TO MAKE SOMEONE
FEEL BETTER AFTER
BEING BULLIED?**

... **BULLYING** ...



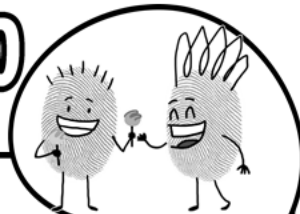
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**HOW DOES
BEING A GOOD
FRIEND HELP
STOP BULLYING?**

... **BULLYING** ...

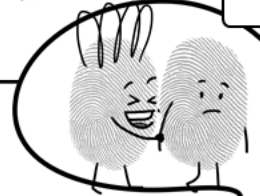
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**WHAT ARE SOME
WAYS TO SHOW
KINDNESS TO
SOMEONE WHO IS
DIFFERENT FROM
YOU?**

... **BULLYING** ...

Draw Two



**WHAT SHOULD
YOU DO IF A
BULLY WON'T
STOP?**

... **BULLYING** ...

Reverse



**CAN BULLIES
CHANGE? HOW?**

... **BULLYING** ...

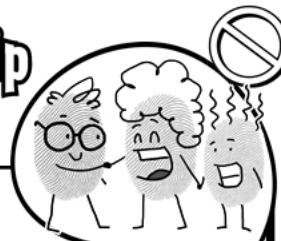
Skip



**WHAT DO YOU
THINK MAKES
SOMEONE STOP
BULLYING
OTHERS?**

... **BULLYING** ...

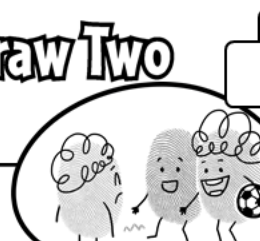
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**HOW CAN SCHOOLS
HELP BULLIES
CHANGE THEIR
BEHAVIOR?**

... **BULLYING** ...

Draw Two



**WHY DO SOME
KIDS JOIN IN WHEN
THEY SEE BULLYING
INSTEAD OF
STOPPING IT?**

... **BULLYING** ...

Reverse



**HOW CAN WE
HELP BULLIES
UNDERSTAND THE
HARM THEY ARE
CAUSING?**

... **BULLYING** ...



1



DO YOU THINK
BULLIES
UNDERSTAND HOW
MUCH THEY HURT
OTHERS? WHY OR
WHY NOT?

... **BULLYING** ...

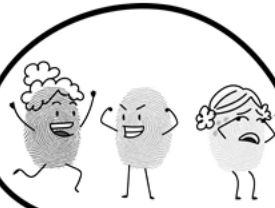
2



HOW CAN
YOU HELP A
FRIEND WHO IS
SCARED OF A
BULLY?

... **BULLYING** ...

3



DO YOU
THINK BULLIES
WANT ATTENTION?
WHY?

... **BULLYING** ...

4



IS IT POSSIBLE TO
BE BULLIED BY
SOMEONE WHO IS
SUPPOSED TO BE
YOUR FRIEND? HOW?

... **BULLYING** ...

5



CAN SOMEONE
BE BULLIED AT
HOME? WHAT
MIGHT THAT LOOK
LIKE?

... **BULLYING** ...

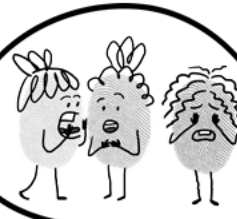
6



WHAT SHOULD
YOU DO IF SOMEONE
IS SPREADING
RUMORS ABOUT
YOU?

... **BULLYING** ...

7



HOW DO YOU
STOP RUMORS
FROM
SPREADING?

... **BULLYING** ...

8



HOW CAN YOU
HELP SOMEONE
WHO IS GETTING
BULLIED ON
SOCIAL MEDIA?

... **BULLYING** ...



1



WHAT SHOULD YOU DO IF AN ADULT IS BULLYING A STUDENT?

... BULLYING ...

2



WHAT ARE SOME WAYS TO STOP BULLYING BEFORE IT STARTS?

... BULLYING ...

3



HOW CAN STUDENTS HELP CREATE A POSITIVE SCHOOL ENVIRONMENT?

... BULLYING ...

4



WHY IS IT IMPORTANT TO TALK ABOUT BULLYING?

... BULLYING ...

5



WHY IS IT IMPORTANT TO RESPECT DIFFERENCES?

... BULLYING ...

6



WHAT CAN YOU DO IF YOU NOTICE SOMEONE SITTING ALONE AT LUNCH?

... BULLYING ...

7



HOW CAN YOU STAY CONFIDENT IF SOMEONE IS TRYING TO PUT YOU DOWN?

... BULLYING ...

8



HOW CAN TALKING TO SOMEONE ABOUT BULLYING MAKE YOU FEEL BETTER?

... BULLYING ...



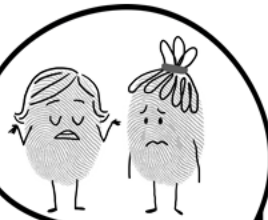
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HOW DOES HAVING
GOOD FRIENDS HELP
YOU STAY STRONG
AGAINST BULLIES?

... **BULLYING** ...

10



WHAT CAN YOU
DO TO HELP A
FRIEND FEEL MORE
CONFIDENT?

... **BULLYING** ...

Draw Two



HOW CAN
POSITIVE THINKING
HELP WHEN
DEALING WITH
BULLIES?

... **BULLYING** ...

Reverse



HOW DOES
STANDING UP FOR
YOURSELF HELP
BUILD
CONFIDENCE?

... **BULLYING** ...

Skip



WHAT ARE
SOME WAYS TO
STAY CALM IN A
DIFFICULT
SITUATION?

... **BULLYING** ...

Skip



WHAT SHOULD
SCHOOLS DO TO
STOP BULLYING?

... **BULLYING** ...

Draw Two



HOW CAN
STUDENTS WORK
TOGETHER TO
PREVENT
BULLYING?

... **BULLYING** ...

Reverse



WHY IS IT
IMPORTANT TO
REPORT
BULLYING?

... **BULLYING** ...



1



**HOW CAN WE
MAKE SURE
EVERYONE FEELS
SAFE AT
SCHOOL?**

... **BULLYING** ...

2



**WHAT ARE
SOME THINGS WE
CAN DO TO MAKE
THE INTERNET A
SAFER PLACE?**

... **BULLYING** ...

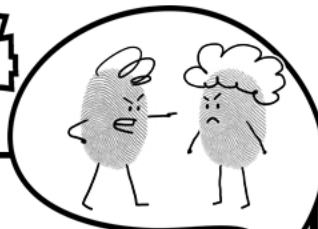
3



**WHAT CAN WE
DO TO SPREAD
KINDNESS IN OUR
COMMUNITY?**

... **BULLYING** ...

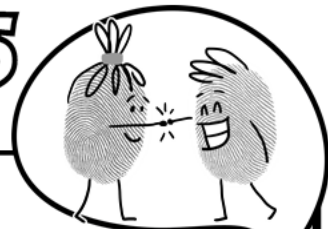
4



**HOW CAN WE
TEACH PEOPLE
ABOUT THE
EFFECTS OF
BULLYING?**

... **BULLYING** ...

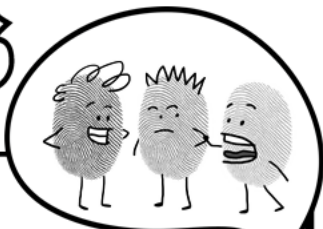
5



**WHAT CAN YOU
DO TODAY TO
HELP SOMEONE
FEEL INCLUDED?**

... **BULLYING** ...

6



**WHY IS IT
IMPORTANT TO
STAND UP FOR
OTHERS, EVEN IF
THEY ARE NOT
YOUR FRIEND?**

... **BULLYING** ...

7



**IF SOMEONE
LAUGHS AT
ANOTHER STUDENT'S
MISTAKE, IS THAT
BULLYING? WHY OR
WHY NOT?**

... **BULLYING** ...

8



**HOW CAN
BULLYING AFFECT
FAMILIES?**

... **BULLYING** ...



1



WHAT ARE SOME
GOOD WAYS TO
CALM DOWN IF
SOMEONE IS
BULLYING YOU?

... BULLYING ...

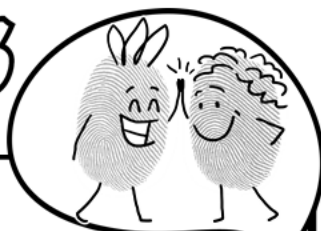
2



WHAT CAN
BULLYING DO TO
A PERSON'S
SELF-ESTEEM?

... BULLYING ...

3



WHY IS IT
IMPORTANT
TO CELEBRATE
DIFFERENCES?

... BULLYING ...

4



WHY IS IT
IMPORTANT TO
BELIEVE IN
YOURSELF?

... BULLYING ...

5



WHY SHOULD
WE ALWAYS BE
KIND TO
OURSELVES?

... BULLYING ...

6



HOW IS
PHYSICAL
BULLYING
DIFFERENT FROM
VERBAL BULLYING?

... BULLYING ...

7



WHAT IS SOCIAL
BULLYING? CAN
YOU GIVE AN
EXAMPLE?

... BULLYING ...

8



WHAT DOES
CYBERBULLYING
MEAN? HOW IS IT
DIFFERENT FROM IN-
PERSON BULLYING?

... BULLYING ...



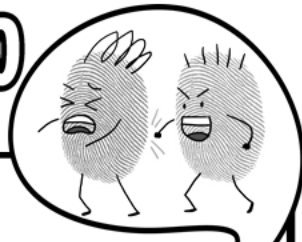
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**WHAT ARE
SOME EXAMPLES
OF PHYSICAL
BULLYING?**

... **BULLYING** ...

10



**HOW DO YOU
THINK PHYSICAL
BULLYING MAKES
SOMEONE FEEL?**

... **BULLYING** ...

Draw Two



**WHY DO YOU
THINK SOME BULLIES
USE PHYSICAL
ACTIONS INSTEAD
OF WORDS?**

... **BULLYING** ...

Reverse



**WHAT ARE
SOME EXAMPLES
OF VERBAL
BULLYING?**

... **BULLYING** ...

Skip



**WHY DO
WORDS HAVE
THE POWER TO
HURT PEOPLE?**

... **BULLYING** ...

Skip



**WHAT DOES IT
MEAN TO EXCLUDE
SOMEONE? HOW
CAN THAT BE A
FORM OF BULLYING?**

... **BULLYING** ...

Draw Two



**WHY DO SOME
BULLIES SPREAD
RUMORS OR TELL
LIES ABOUT
PEOPLE?**

... **BULLYING** ...

Reverse



**HOW CAN YOU
MAKE SURE
EVERYONE FEELS
INCLUDED IN A
GROUP?**

... **BULLYING** ...



Wild



**HOW CAN WE
CREATE A SCHOOL
WHERE EVERYONE
FEELS ACCEPTED
AND INCLUDED?**

... **BULLYING** ...

Wild



**WHAT SHOULD
YOU DO IF
SOMEONE IS TRYING
TO TURN YOUR
FRIENDS AGAINST
YOU?**

... **BULLYING** ...

Draw Four



**DESCRIBE
FOUR WAYS TO
STAND UP TO A
BULLY.**

... **BULLYING** ...

Draw Four



**WHAT ARE
FOUR TYPES OF
BULLYING?**

... **BULLYING** ...

Wild



**WHAT'S THE
MOST IMPORTANT
THING TO KNOW
ABOUT
BULLYING?**

... **BULLYING** ...

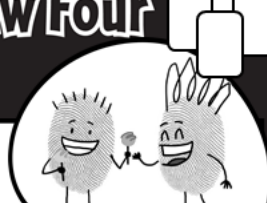
Wild



**HOW CAN
BEING AN
UPSTANDER
HELP OTHERS?**

... **BULLYING** ...

Draw Four



**DESCRIBE FOUR
WAYS YOU CAN
PREVENT
BULLYING.**

... **BULLYING** ...

Draw Four

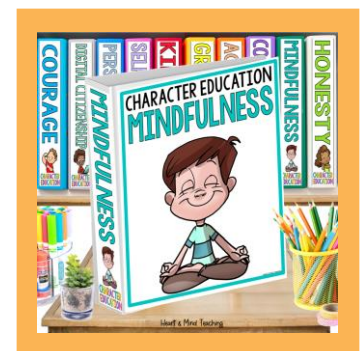
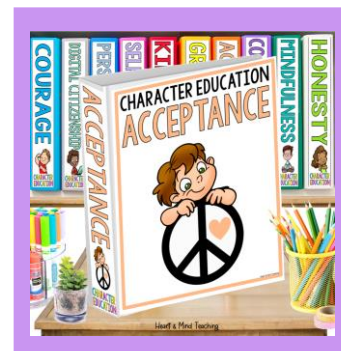
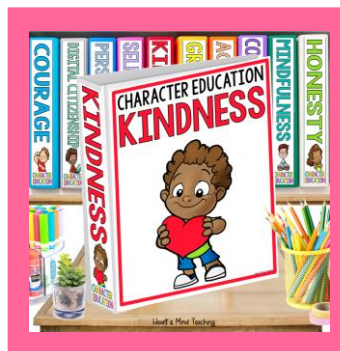
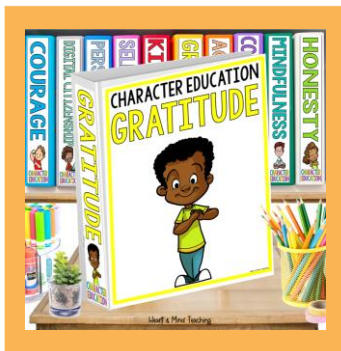
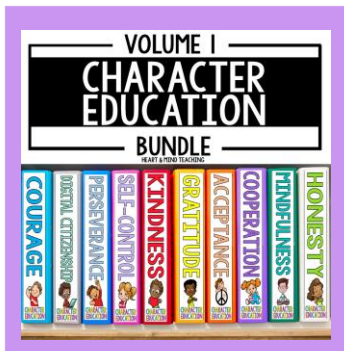
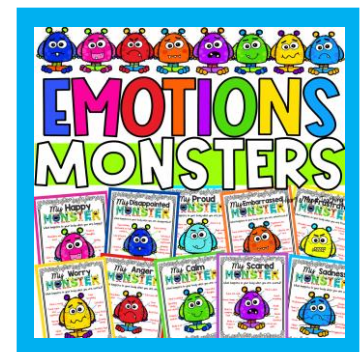
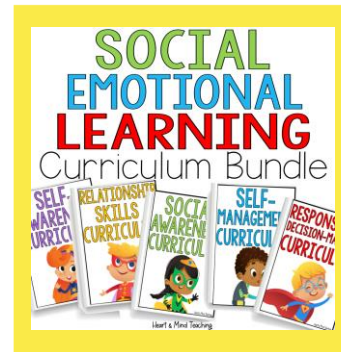
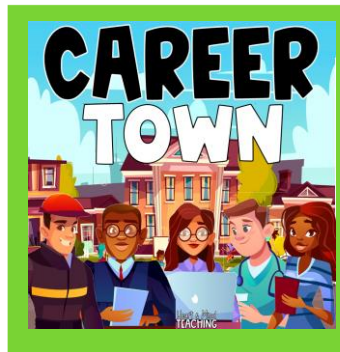
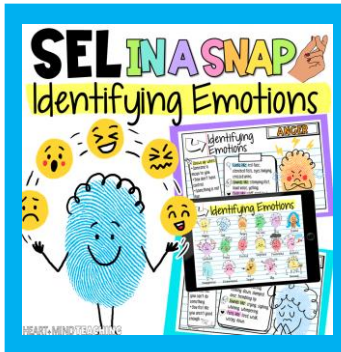
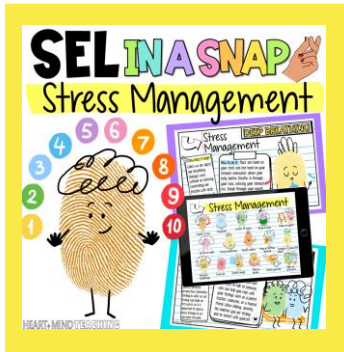


**WHAT ARE FOUR
THINGS YOU CAN DO
TO MAKE YOUR
SCHOOL A BULLY-
FREE ZONE?**

... **BULLYING** ...

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.

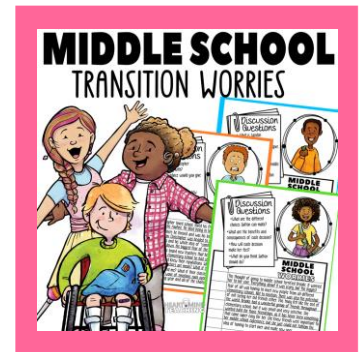


Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.





THANK YOU

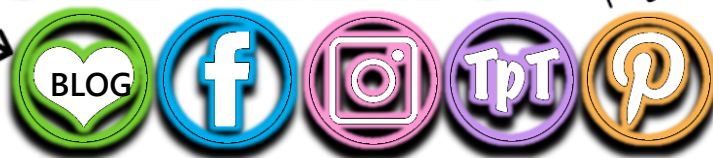
FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

Ashley

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If you have any questions or concerns please email me at:

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CREDITS

