

○ 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

♥ **MEMBERSHIP:** 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.

Recommended Sequence:

- Review the PowerPoint or digital for Google Slides™ presentation.
- Review (and display) the instructional posters with students.
- Use the discussion cards with students.
- Choose the craft, a worksheet, or a coloring page to close the lesson.

Materials Needed:

- Printed materials
- Scissors
- Glue sticks
- Crayons or markers
- Pencils

PowerPoint Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation teaches students the definition of bullying, the 4 types of bullying, where bullying often happens, and 8 ways to be an upstander. As you go through the PowerPoint, encourage discussion, questions, sharing, and participation from students. The presentation closes with a discussion question that asks students how they can be an upstander. Please ask students to turn and talk with a partner to discuss this question, then share out their answer with the class.

Posters:

4 posters are included. Please use these in instruction and display them in your space.

DIRECTIONS PAGE 2:

Discussion Cards:

24 discussion cards are included in full color and black/white. Please divide students into groups of 2-3 students and give them each 1-2 cards. Ask students to discuss the question with their small group and then share their responses with the class.

Craft

This cute craft encourages students to be an upstander who STOPS bullying. Please give each student a printed STOP sign and the printed page with the STOP sign handle and boxes on it. Inside each of the 5 boxes, students can write and/or draw 1 way to stop bullying. Then, they can cut out the boxes and glue them on top of the blank boxes on the STOP sign handle. Next, they can cut out the handle. Then, students can color the STOP sign and cut it out. Finally, students can glue the handle onto the STOP sign. Please see the included sample craft.

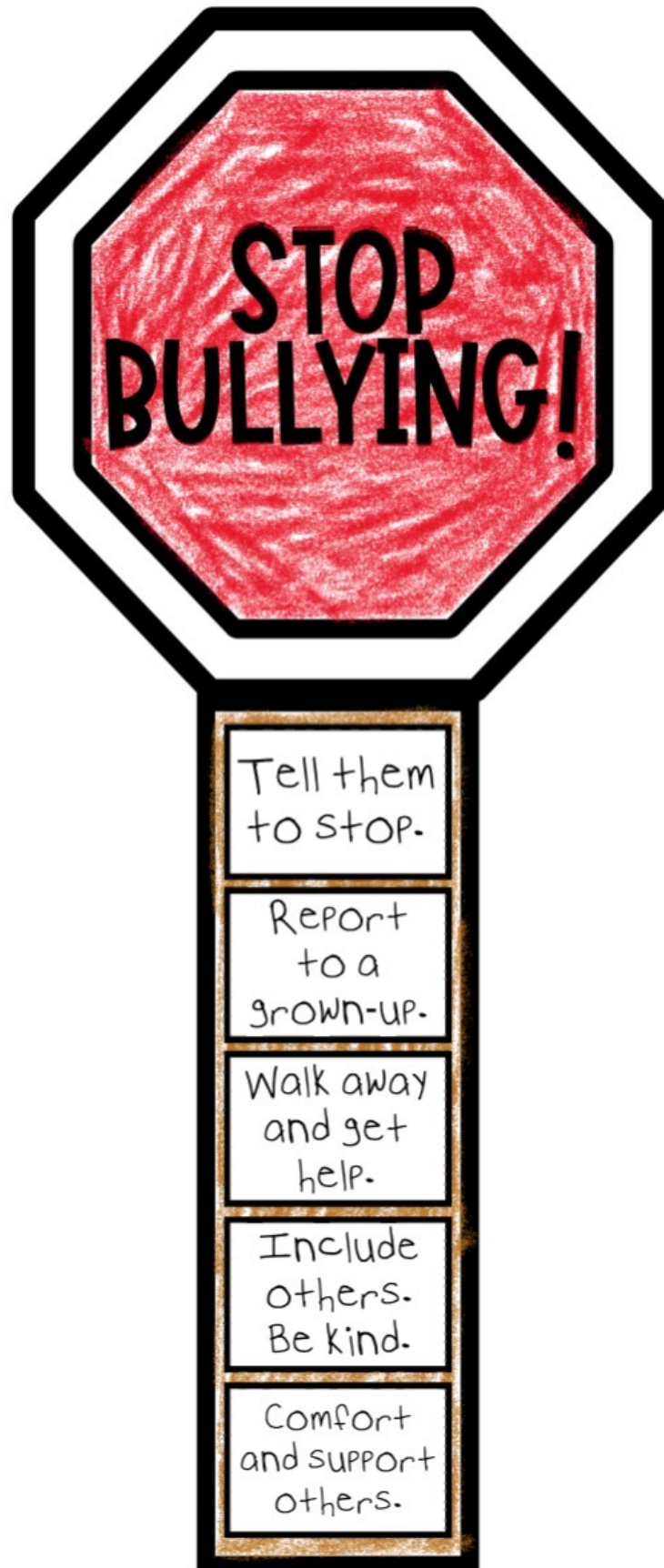
Worksheets & Coloring Pages

Multiple options for worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit the needs and abilities of your students.

Questions, comments, or suggestions? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! :)

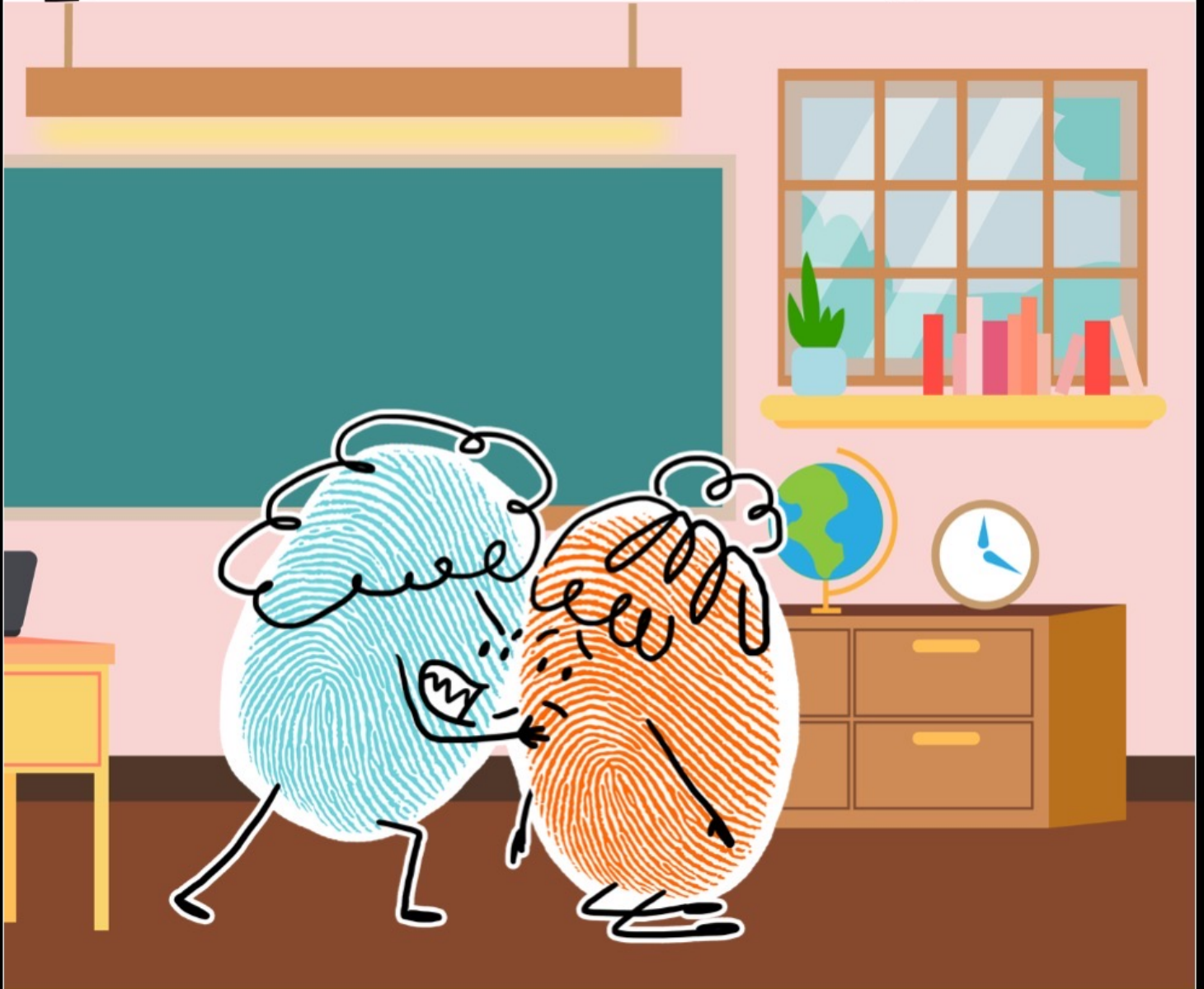
PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality materials, and helps my small business grow!

CRAFT SAMPLE



POSTERS

BULLYING:



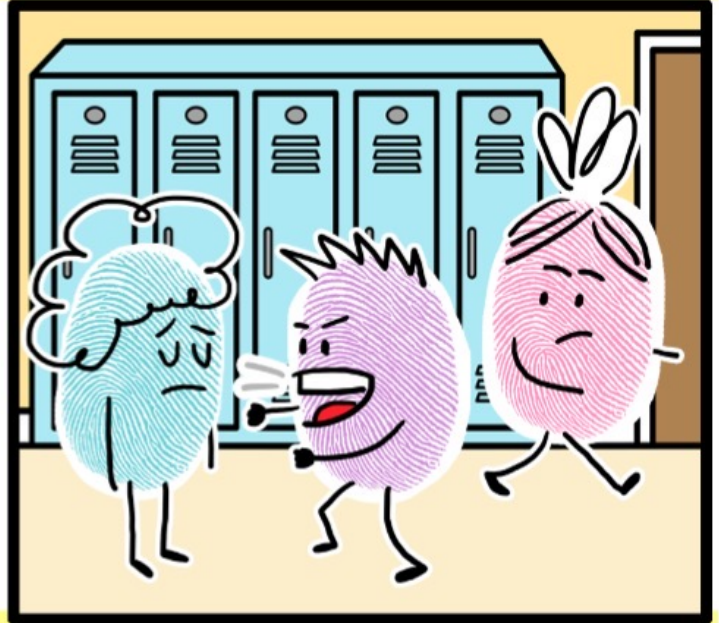
when someone harms another person on purpose, over and over again.

BULLYING

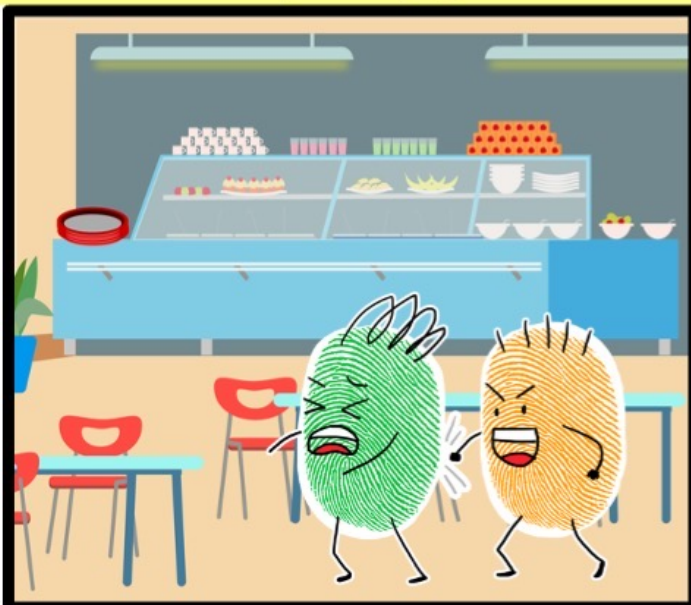
happens in many different places.



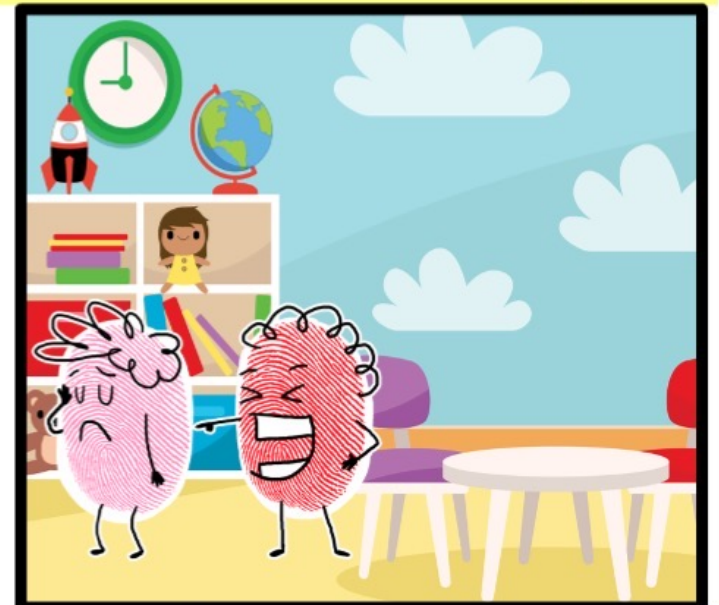
on the playground



in the hallway



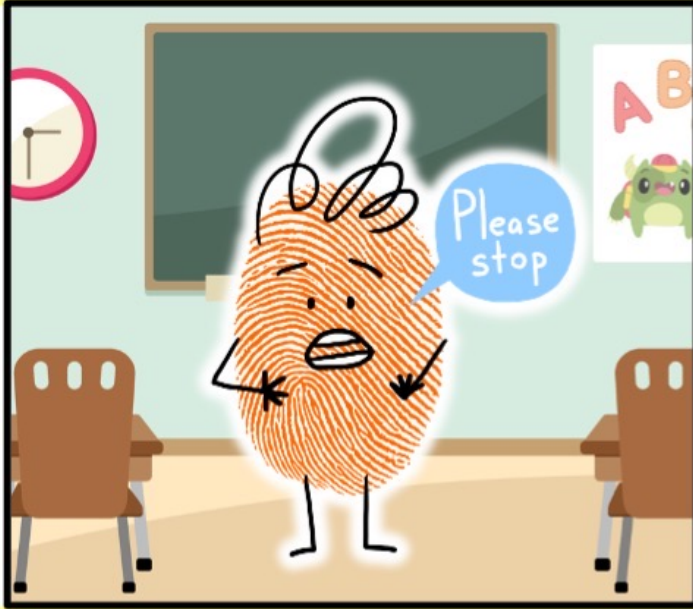
in the cafeteria



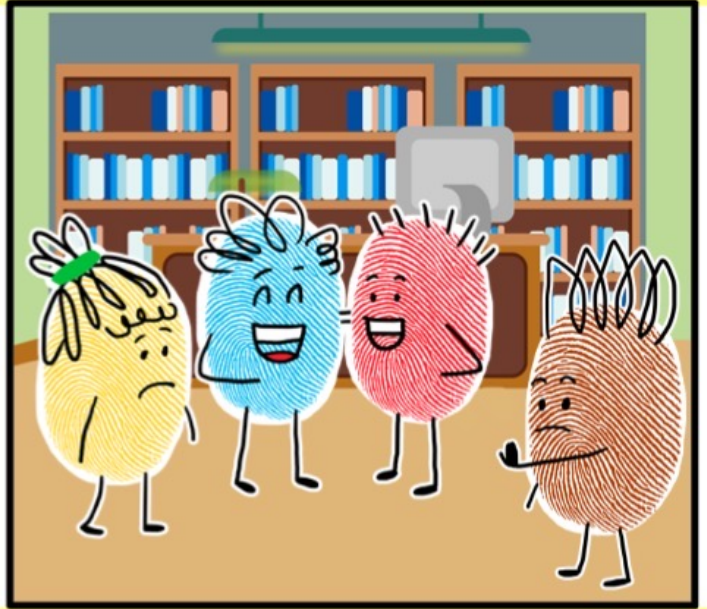
in the classroom

UPSTANDERS

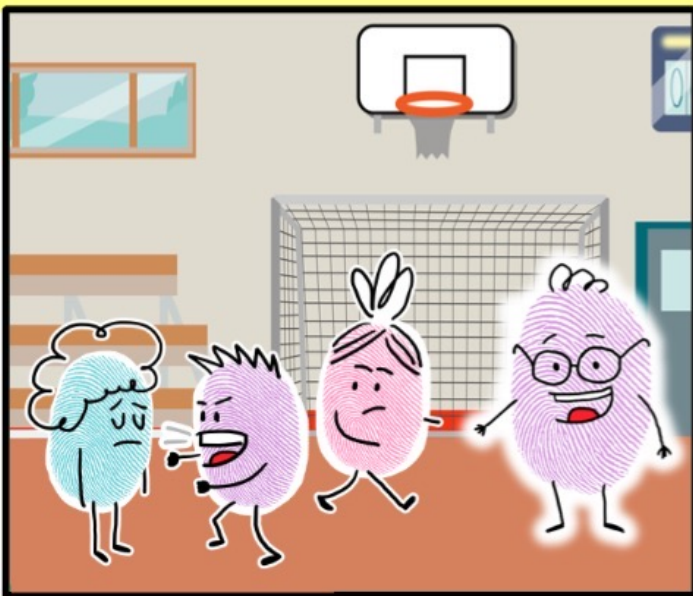
stand UP to bullying!



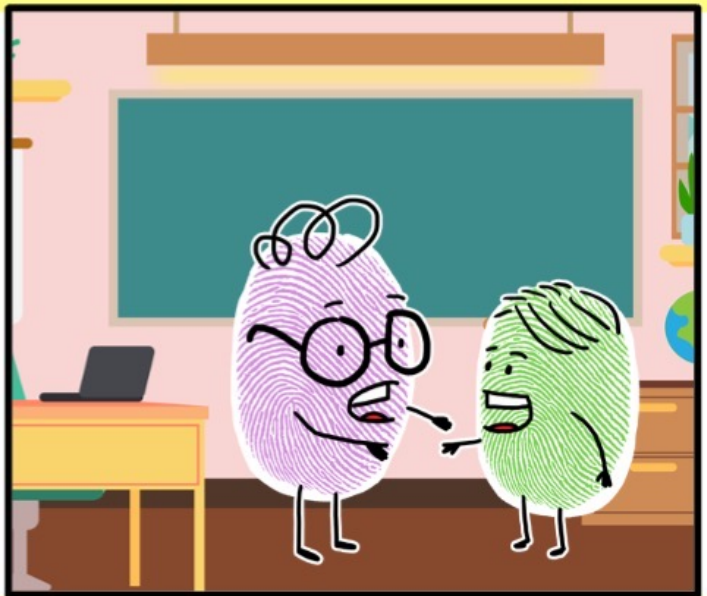
Tell them to STOP!



DON'T join in.



WALK AWAY to get HELP.



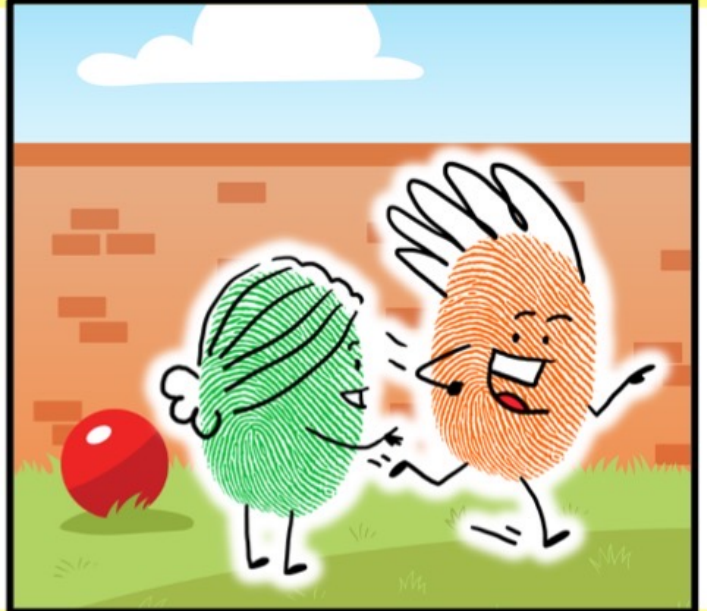
REPORT right away.

UPSTANDERS

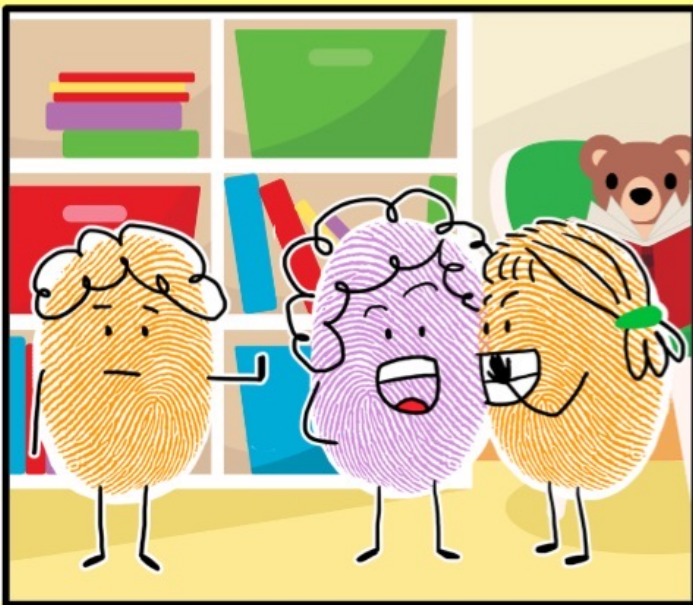
stand UP to bullying!



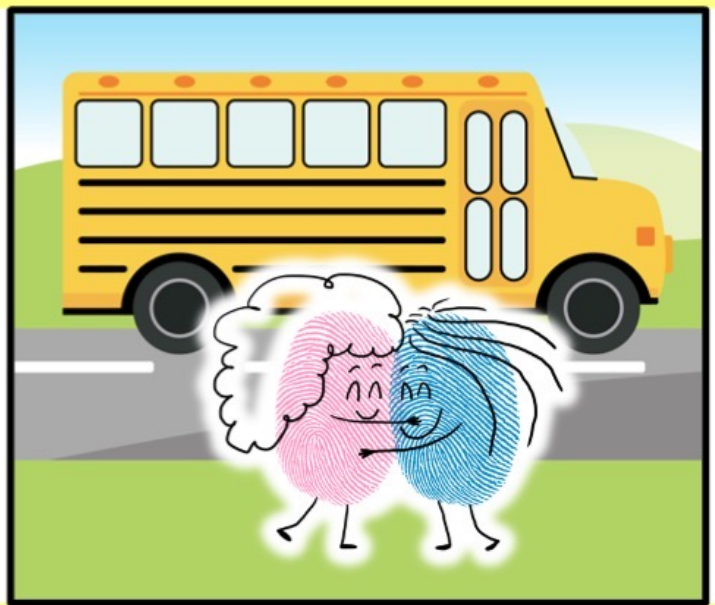
COMFORT others.



INCLUDE others.



STOP rumors.



Be KIND. Always!

DISCUSSION CARDS

**Let's
Talk!**



What is
bullying?

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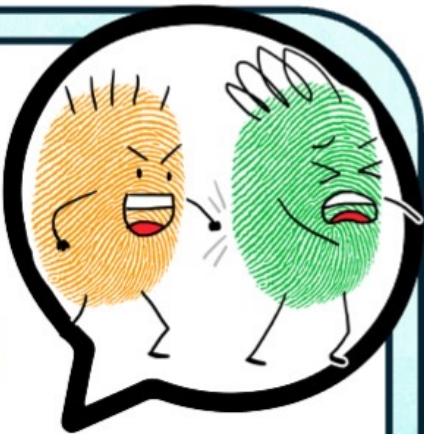
**Let's
Talk!**



What is
verbal
bullying?

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**Let's
Talk!**



What is
physical
bullying?

© Music City Counselor

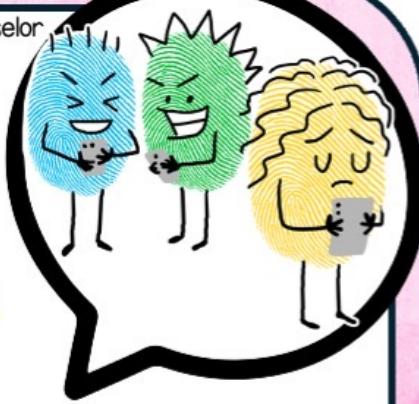
**Let's
Talk!**



What is
social
bullying?

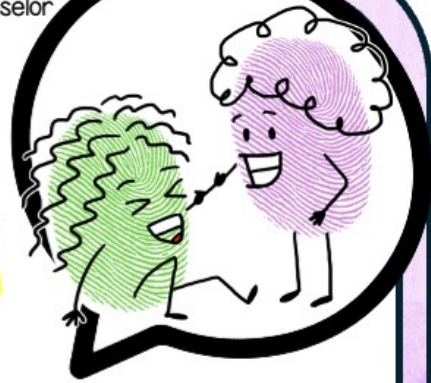
© Music City Counselor

Let's Talk!



What is
cyber
bullying?

Let's Talk!



How can you
help someone
who was
bullied?

Let's Talk!



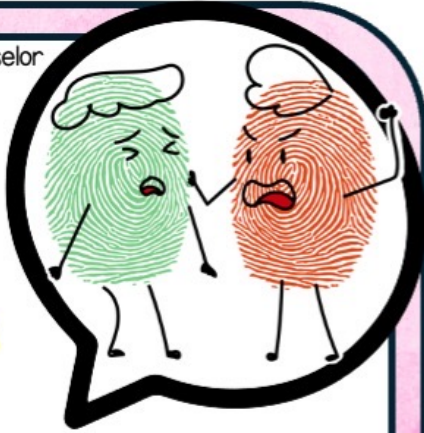
Name the 4
types of
bullying.

Let's Talk!



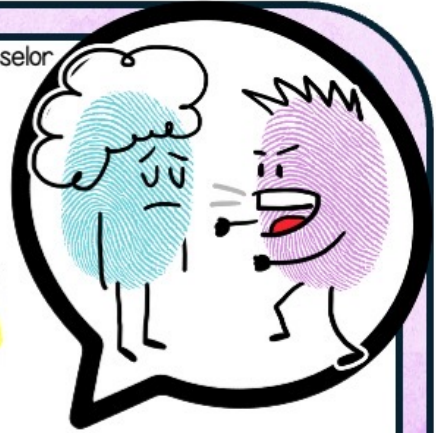
Which types of
bullying have
you seen at
your school?

Let's Talk!



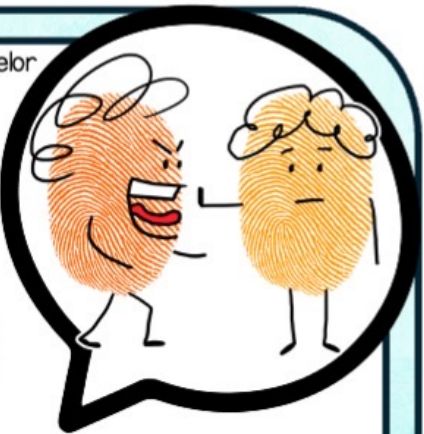
Which types of
bullying happen
the most at
your school?

Let's Talk!



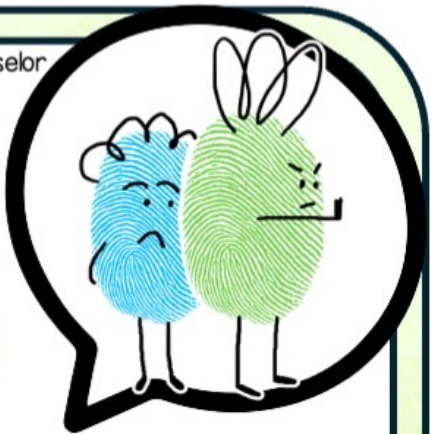
Where can
bullying
happen?

Let's Talk!



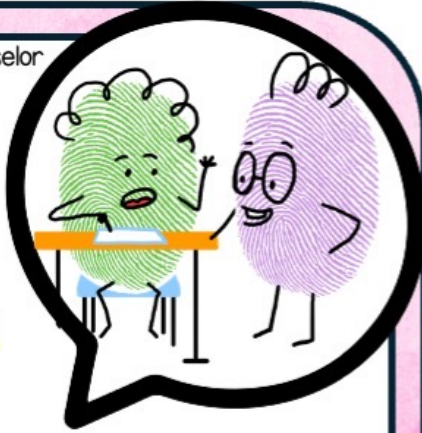
Where does
bullying
happen most
at your school?

Let's Talk!



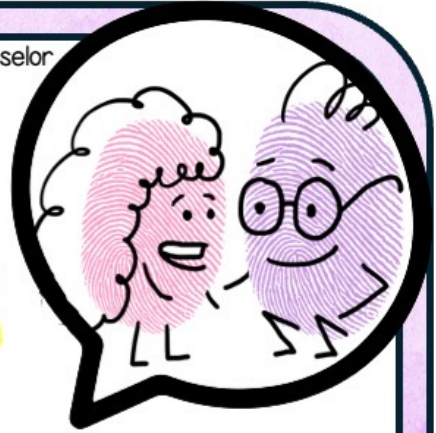
What is an
upstander?

Let's Talk!



What is 1 way to be an upstander?

Let's Talk!



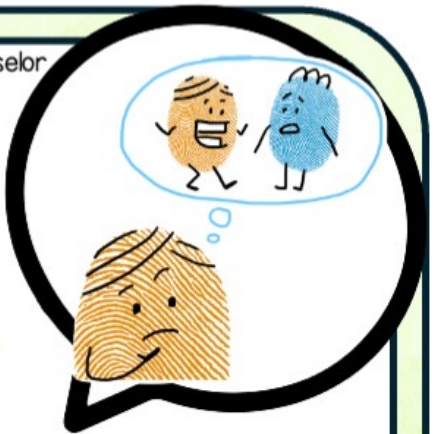
How can you be an upstander?

Let's Talk!



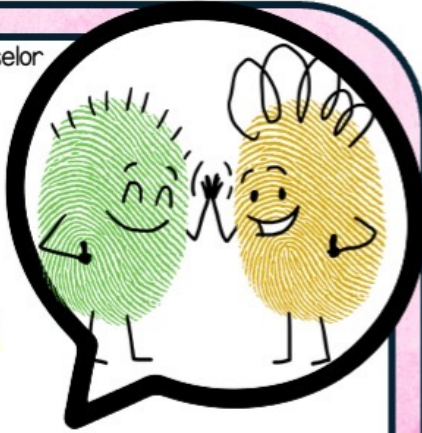
Share a story about a time when you were an upstander.

Let's Talk!



How can you stop bullying at your school?

Let's Talk!



How can you show kindness to someone who is left out?

Let's Talk!



If you were bullied, what would you want your friends to do to help?

Let's Talk!



How can we make sure everyone feels safe and happy at school?

Let's Talk!



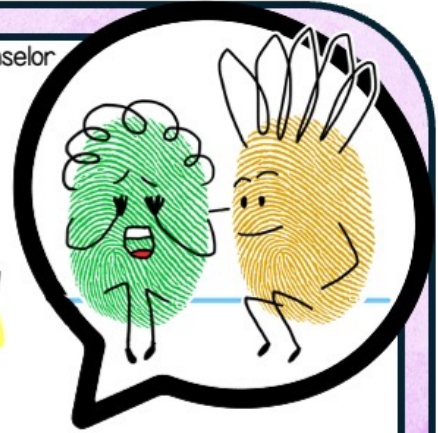
How can we make sure everyone feels like they belong at school?

Let's Talk!



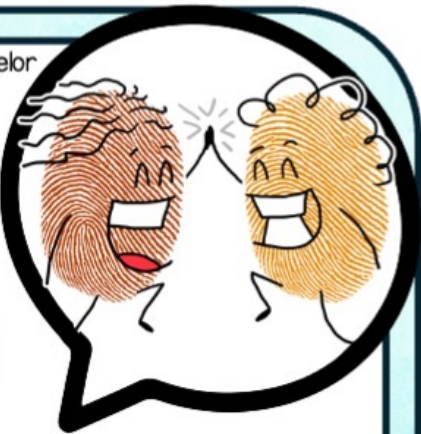
How does it make
you feel to see
someone else
being bullied?

Let's Talk!



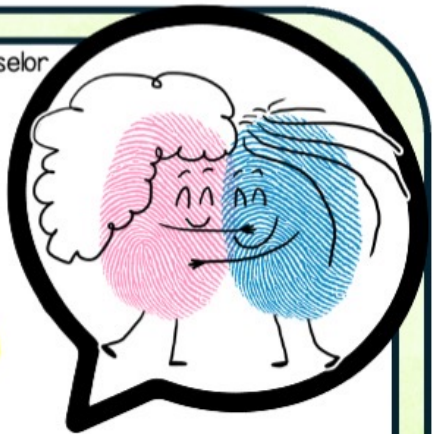
Share about a
time when you
saw someone
being bullied.
What did you do?

Let's Talk!



How can we
create a
bully-free
classroom?

Let's Talk!



How can we
create a
bully-free
school?

**Let's
Talk!**



What is
bullying?

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**Let's
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What is
verbal
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**Let's
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What is
physical
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**Let's
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What is
social
bullying?

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**Let's
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What is
cyber
bullying?

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How can you
help someone
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Name the 4
types of
bullying.

**Let's
Talk!**



Which types of
bullying have
you seen at
your school?

Let's Talk!



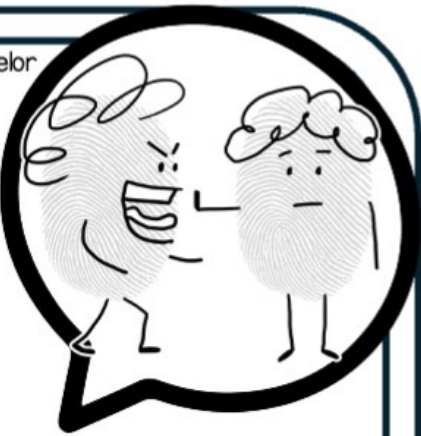
Which types of bullying happen the most at your school?

Let's Talk!



Where can bullying happen?

Let's Talk!



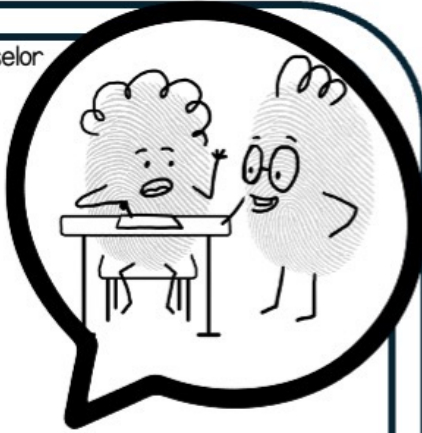
Where does bullying happen most at your school?

Let's Talk!



What is an upstander?

Let's Talk!



What is 1 way to be an upstander?

Let's Talk!



How can you be an upstander?

Let's Talk!



Share a story about a time when you were an upstander.

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Let's Talk!



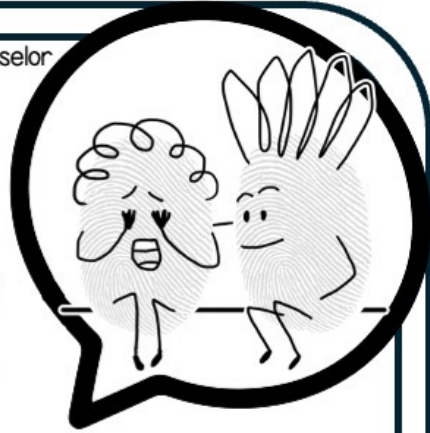
How can we make sure everyone feels like they belong at school?

Let's Talk!



How does it make you feel to see someone else being bullied?

Let's Talk!



Share about a time when you saw someone being bullied. What did you do?

Let's Talk!



How can we create a bully-free classroom?

Let's Talk!



How can we create a bully-free school?

CRAFT

Color and cut out the STOP sign.



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Write and/or draw one way to be an upstander on each box.
Then, glue the boxes onto the handle of the STOP sign. Finally, glue
the handle onto the bottom of the STOP sign.

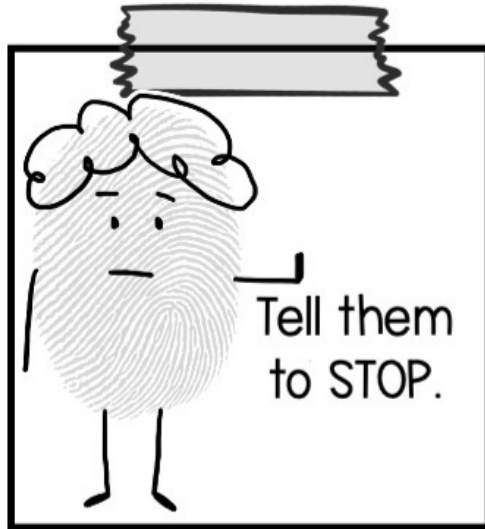
Glue here	Glue here	Glue here	Glue here	Glue here
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WORKSHEETS + COLORING PAGES

Name: _____

BULLYING PREVENTION

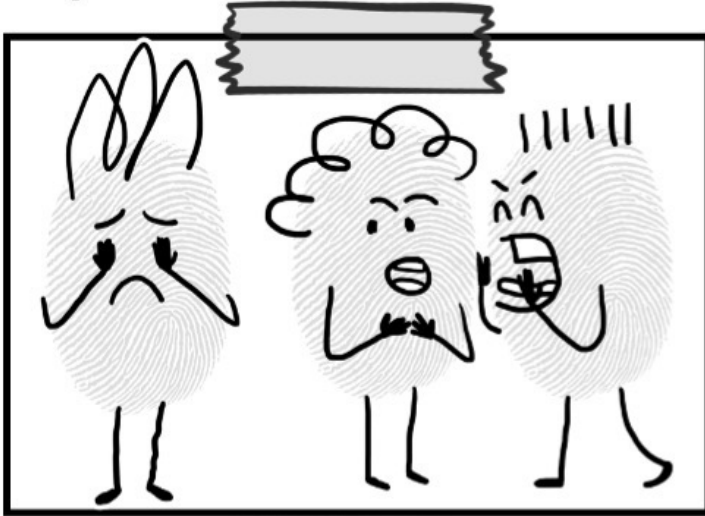
Color your favorite ways to be an upstander.



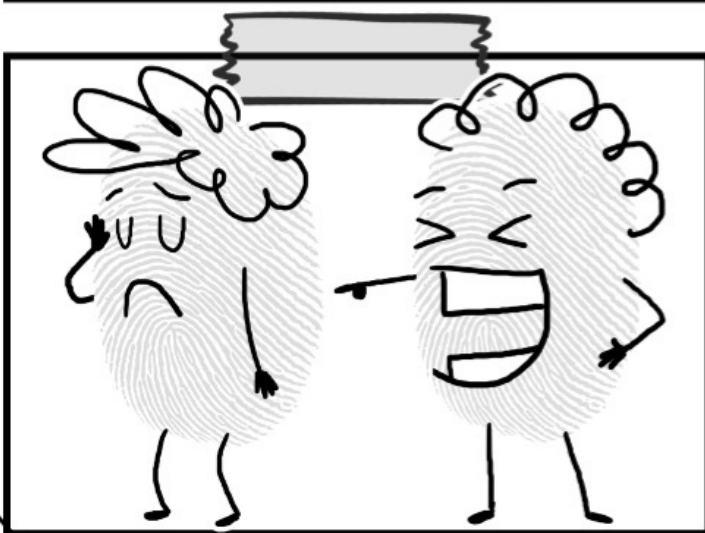
Name: _____

BULLYING PREVENTION

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



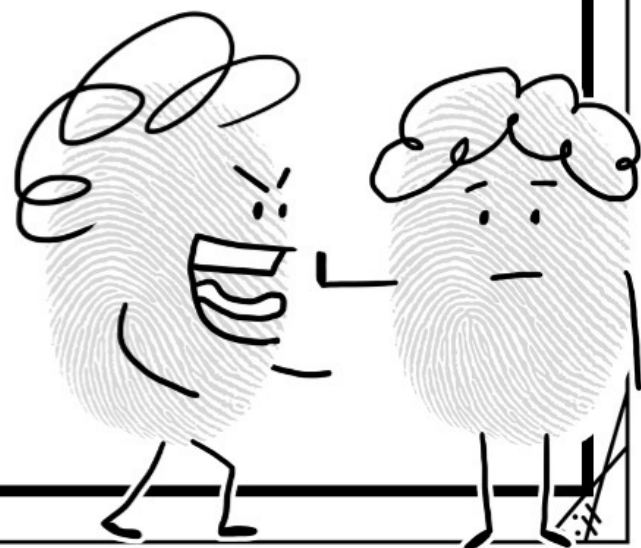
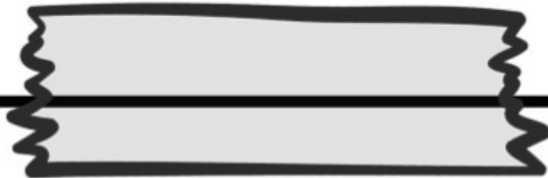




Name: _____

BULLYING PREVENTION

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



Name: _____

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UPSTANDERS

stand UP to bullying!

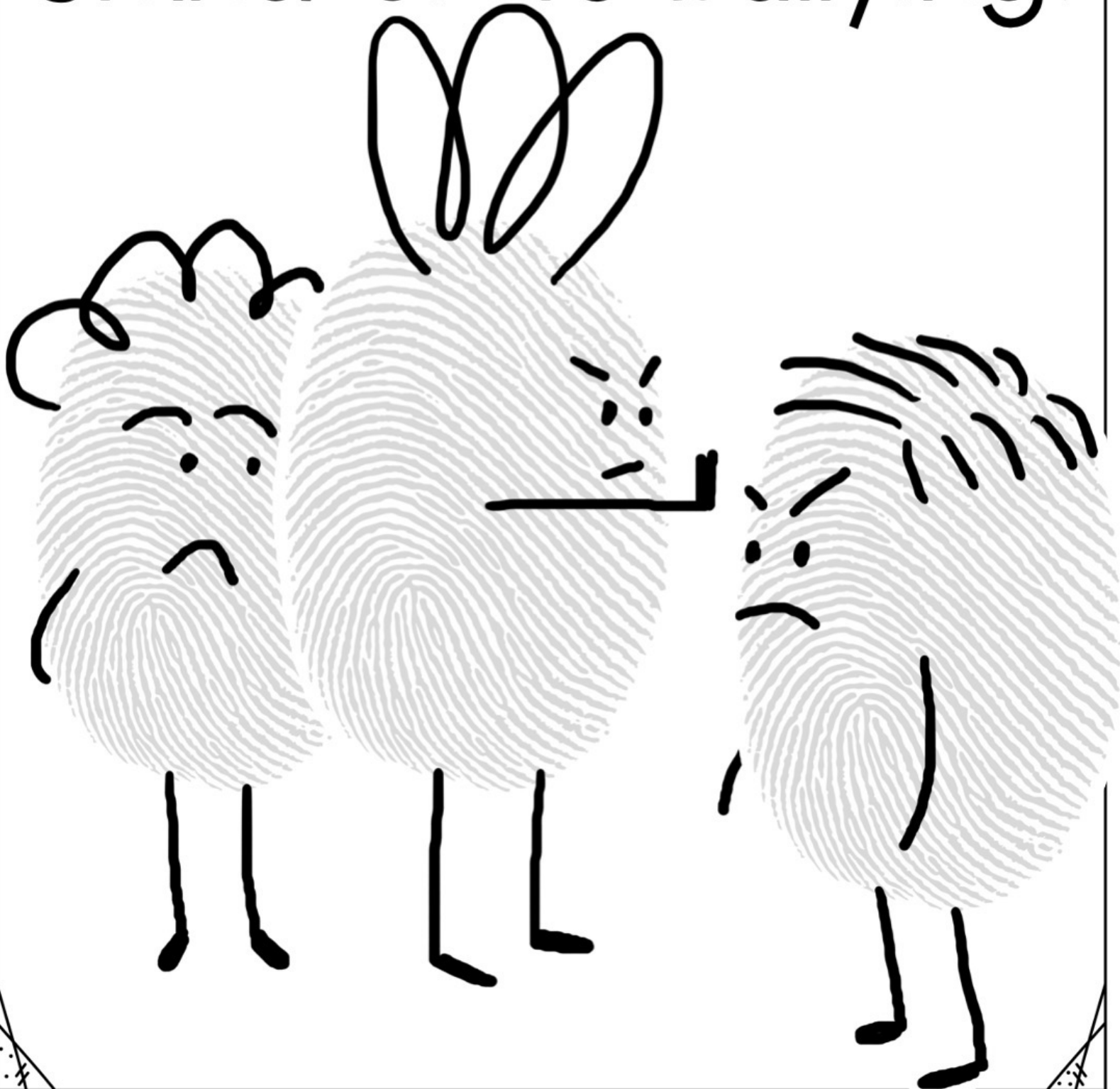


Name: _____

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UPSTANDERS

stand UP to bullying!



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UPSTANDERS

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

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THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

