



Hi there, I'm **Ashley**
I'm an Elementary School Counselor,
Curriculum Author, Blogger, and
Boy mama. I specialize in all
things Counseling & SEL.



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SPOT THE BULLYING

Session Objective:

*Students will identify bullying behaviors, understand their impact, and practice safe and respectful ways to respond to bullying situations.

I Can...Statement

I can identify what bullying is and what it is not.

Materials:

- Board Game
- Task Cards
- Task Card Boxes (optional)

Guiding Questions:

*How can I recognize bullying and help create a safe and respectful school community?

Instructions

-Preparation: Print out and laminate the game board (it will last longer this way). Keep in mind if you purchase the other "Spot" task cards, they all use the same game board, so no need to print it again if you already have. Print out the game cards front-to-back, I would laminate these too. You may need to test your printer first to make sure it aligns correctly. Once printed, cut them out and store them in a task card box (or zip lock bag etc.).

-If playing solo: Select a card and answer it. Write your answer on the task card responses paper. Flip the card to see if you got it correct. If correct, move your game piece one spot. Write a checkmark next to that one on the task card responses paper. If incorrect, do not move your game piece and write an X on the task card responses paper with the correct answer. Select another card. If you land on a spot with a ladder, move in the direction of the arrow shown. If you land on a spot with a slide, slide down following the direction of the arrow. Continue until you reach the finish line or you have gone through all the cards. Optional alternate idea: Print the game board in black and white, and have the student use Dot Markers to track their progress.

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ASCA Standards Alignment:

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

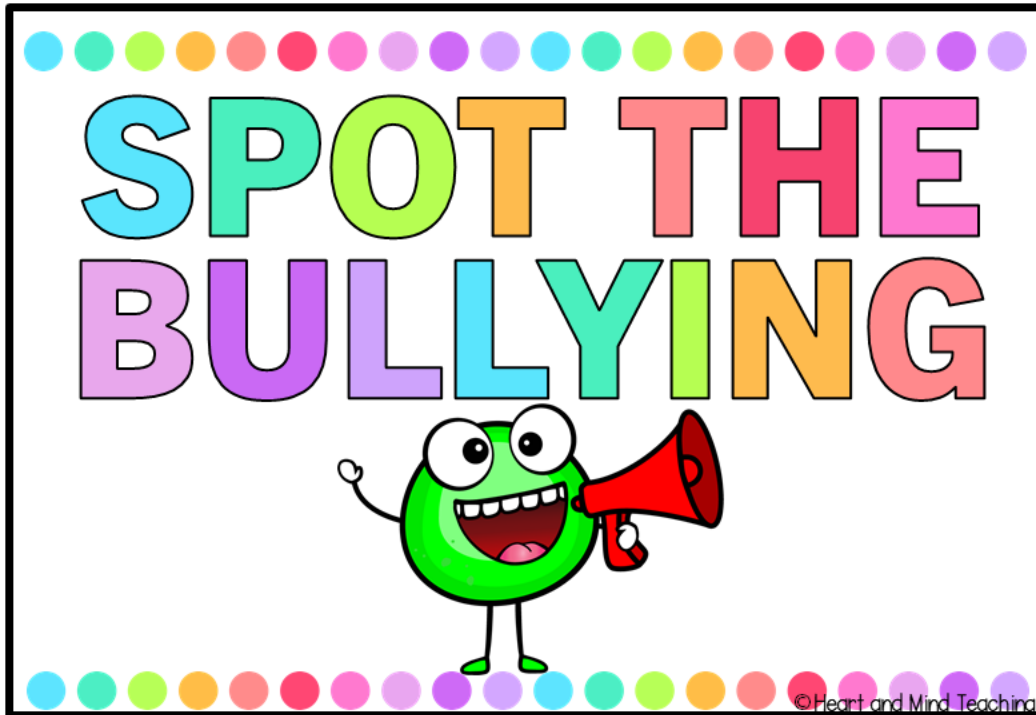
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SEL Competencies:

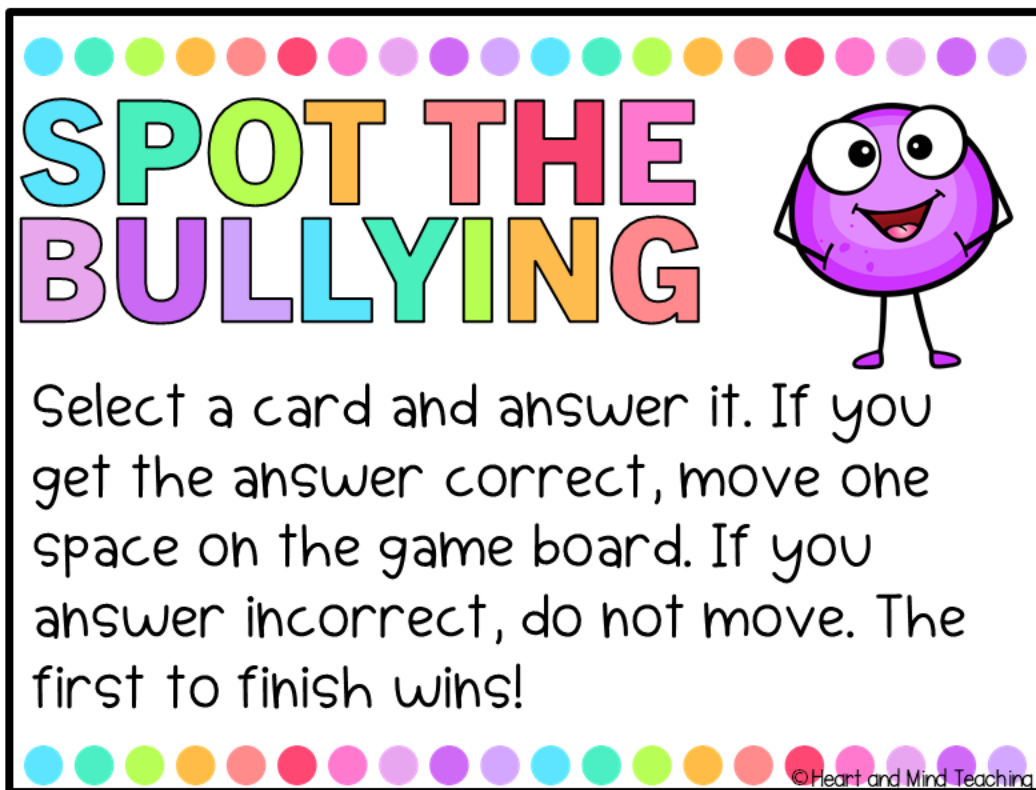
*Self-Awareness: Identifying Emotions.

*Responsible Decision-Making: Analyzing situations.

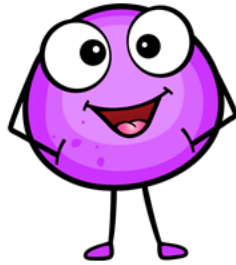
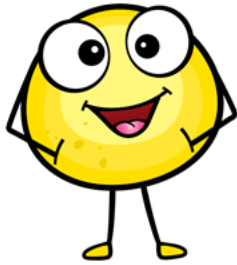
Tape to the top of the task card box.



Tape to the inside top of the task card box.



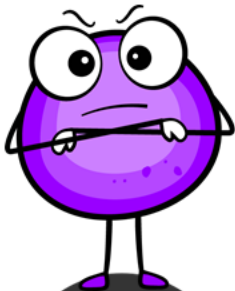
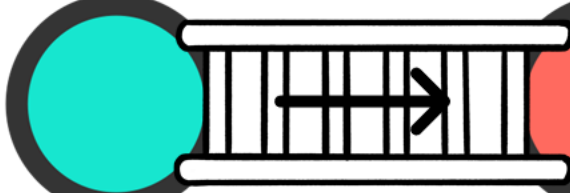
Game Pieces



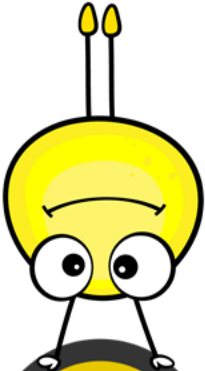
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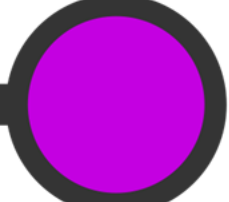
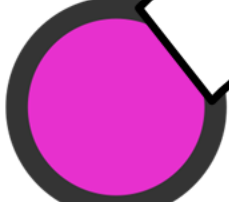
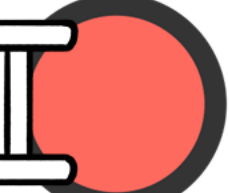
Move ahead two



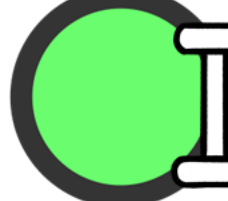
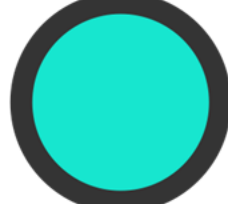
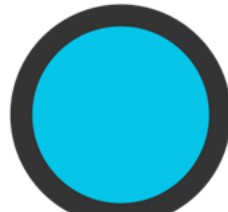
Lose a turn!



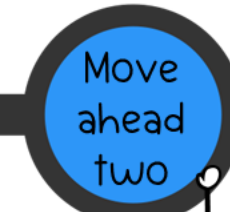
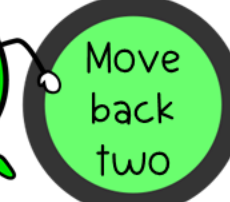
Move back two



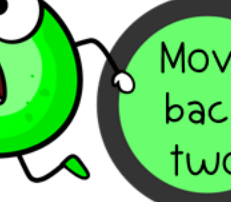
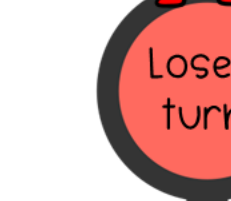
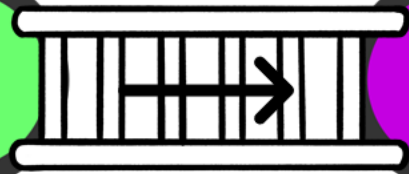
Move back two



Lose a turn!



Move ahead two



FINISH

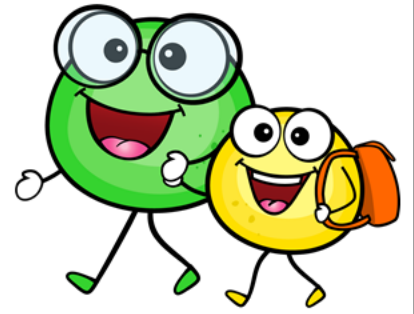


Why do you think bullying hurts people's feelings?



1

Name one trusted adult you could talk to if bullying happens.



2

What makes a classroom feel safe?



3

What does it mean to be an "upstander"?



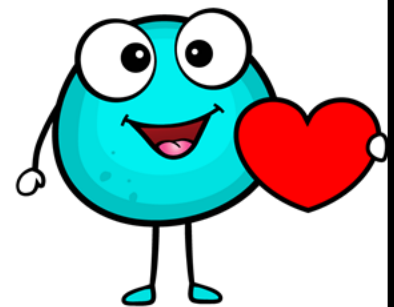
4

What should you do if bullying keeps happening?



5

How would you want others to treat you?



6

Teacher, counselor,
or parent.

2

It makes
people feel
sad, scared,
or unsafe.

1

Someone who
stands up for
others and gets
help.

4

Kindness,
respect, and
fairness.

3

With kindness
and respect.

6

Keep telling adults
until it stops.

5

Someone keeps calling you a nickname you don't like every day. What should you do?



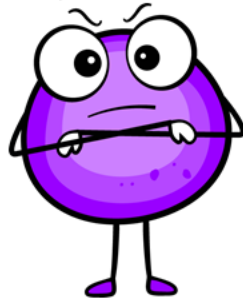
7

You see a classmate being left out at recess. What is one way you could help?



8

A friend dares you to join in making fun of someone. What is the best choice?



9

A student sends mean messages to another student online. Is this bullying? What should happen next?



10

You feel scared to tell an adult about bullying. What could help you feel brave?



11

Someone laughs when another student makes a mistake in class. How could you respond kindly?



12

Invite them to play or sit with them.

8

Tell them to stop, walk away, and tell a trusted adult.

7

Yes, it is bullying. Tell an adult and save the messages.

10

Say no and choose to be kind or walk away.

9

Help the student feel better or speak up kindly.

12

Remember adults are there to help and talk to someone you trust.

11

You hear a rumor about a classmate. What should you do?



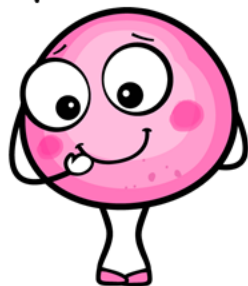
13

Someone pushes you in line every day. What is one safe step you can take?



14

A student apologizes after being mean. What is a good next step for both students?



15

You see bullying on the bus. Who could you tell?



16

What is bullying?

- A. Repeatedly hurting someone on purpose
- B. Playing a game together
- C. Being kind to others
- D. Being mean once.



17

Which is an example of bullying?

- A. Taking turns on the swing
- B. Calling someone mean names over and over
- C. Asking to join a game
- D. Helping a classmate



18

Tell an adult and stay
near others.

14

Do not spread it
and tell an adult if
needed.

13

The bus driver
or another
trusted adult.

16

Accept the apology
and move forward
respectfully.

15

B) Calling someone
mean names over
and over

18

A) Repeatedly
hurting
someone on
purpose.

17

If someone is being bullied, what should they do FIRST?

- A. Bully back
- B. Keep it a secret forever
- C. Laugh
- D. Tell a trusted adult



19

Which person can help stop bullying?

- A. A teacher
- B. A counselor
- C. A parent
- D. All of the Above



20

Which behavior shows kindness instead of bullying?

- A. Excluding someone on purpose
- B. Spreading rumors
- C. Inviting someone to play
- D. Making fun of mistakes



21

What is cyberbullying?

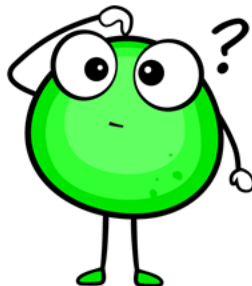
- A. Bullying at recess
- B. Bullying online or through messages
- C. Bullying on the bus
- A. Bullying in class



22

Which feeling might someone have if they are being bullied?

- A. Proud
- B. Safe
- C. Sad or scared
- D. Excited



23

If you see bullying happening, what should you do?

- A. Ignore it every time
- B. Join in
- C. Get help from an adult
- D. Cheer



24

D) All of the
above

20

D) Tell a trusted
adult

19

B) Bullying online
or through
messages

22

C) Inviting
someone to play

21

C) Get help
from an adult

24

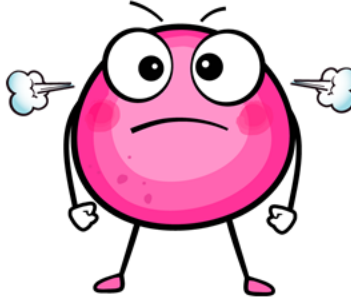
C) Sad or
scared

23

Which is NOT bullying?

- A. A disagreement once
- B. Repeated teasing
- C. Threatening someone
- D. Leaving someone out on purpose

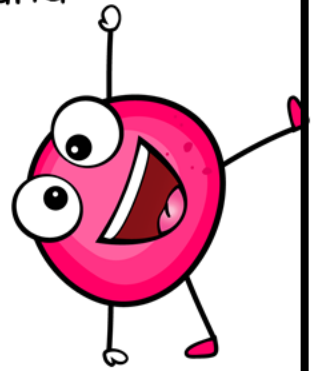
25



Which action can STOP bullying?

- A. Laughing along
- B. Walking away and telling an adult
- C. Posting it online
- D. Keeping it secret

26



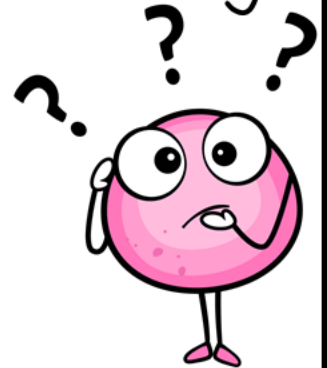
True or False: Telling an adult about bullying is tattling.

27



True or False: Bullying happens only one time.

28



True or False: Words can hurt just like actions.

29



True or False: Bullying can happen in person or online.

30



B) Walking away and telling an adult.

26

A) A disagreement once

25

False

28

False

27

True

30

True

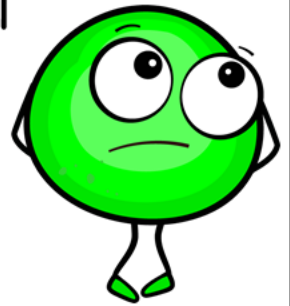
29

True or False:
Laughing at bullying
helps make it
stop.



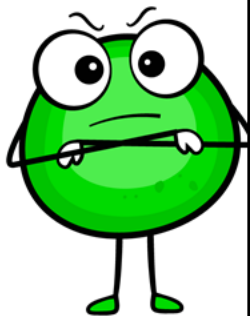
31

True or False:
Everyone deserves
to feel safe at
school.



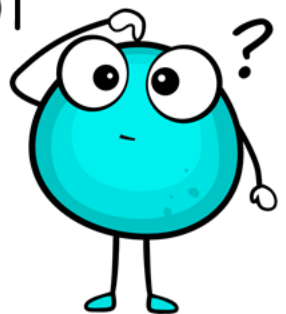
32

True or False:
Bullying is always
physical.



33

True or False: You
can be a helper even
if you are not
being bullied.



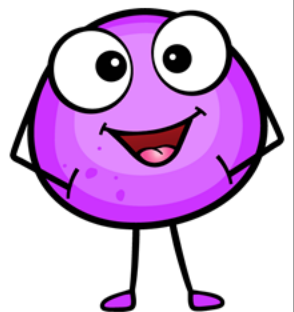
34

True or False: It is
okay to ask for help
if you feel
unsafe.



35

True or False: Being
kind can help prevent
bullying.



36

True

32

False

31

True

34

False

33

True

36

True

35

How can kindness help stop bullying?



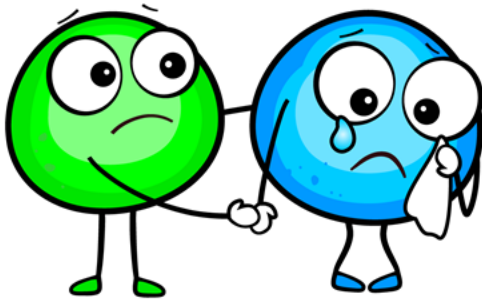
37

How can you use words to help instead of hurt?



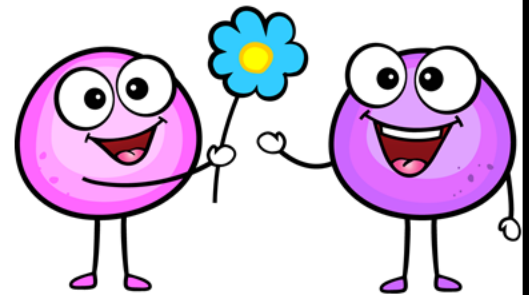
38

How can friends help each other feel safe?



39

Why is it important to include others?



40

Use kind, respectful words.

38

Kindness helps people feel included and respected.

37

It helps people feel accepted and safe.

40

By listening, helping, and speaking up.

39



Name: _____

TASK CARD RESPONSES

1	
2	
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Name: _____

TASK CARD RESPONSES

17	
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25	
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27	
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29	
30	
31	
32	



Name: _____

TASK CARD RESPONSES

33	
34	
35	
36	
37	
38	
39	
40	

SPOT THE BULLYING

TASK CARD ANSWER KEY

1	It makes people feel sad, scared, or unsafe.
2	Teacher, counselor, or parent.
3	Kindness, respect, and fairness.
4	Someone who stands up for others and gets help.
5	Keep telling adults until it stops.
6	With kindness and respect.
7	Tell them to stop, walk away, and tell a trusted adult.
8	Invite them to play or sit with them.
9	Say no and choose to be kind or walk away.
10	Yes, it is bullying. Tell an adult and save the messages.
11	Remember adults are there to help and talk to someone you trust.
12	Help the student feel better or speak up kindly.
13	Do not spread it and tell an adult if needed.
14	Tell an adult and stay near others.
15	Accept the apology and move forward respectfully.
16	The bus driver or another trusted adult.

SPOT THE BULLYING

TASK CARD ANSWER KEY

17	A) Repeatedly hurting someone on purpose.
18	B) Calling someone mean names over and over
19	D) Tell a trusted adult
20	D) All of the above
21	C) Inviting someone to play
22	B) Bullying online or through messages
23	C) Sad or scared
24	C) Get help from an adult
25	A) A disagreement once
26	B) Walking away and telling an adult.
27	False
28	False
29	True
30	True
31	False
32	True

SPOT THE BULLYING

TASK CARD ANSWER KEY

33	False
34	True
35	True
36	True
37	Kindness helps people feel included and respected.
38	Use kind, respectful words.
39	By listening, helping, and speaking up.
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Black and
white
version

SPOT THE BULLYING

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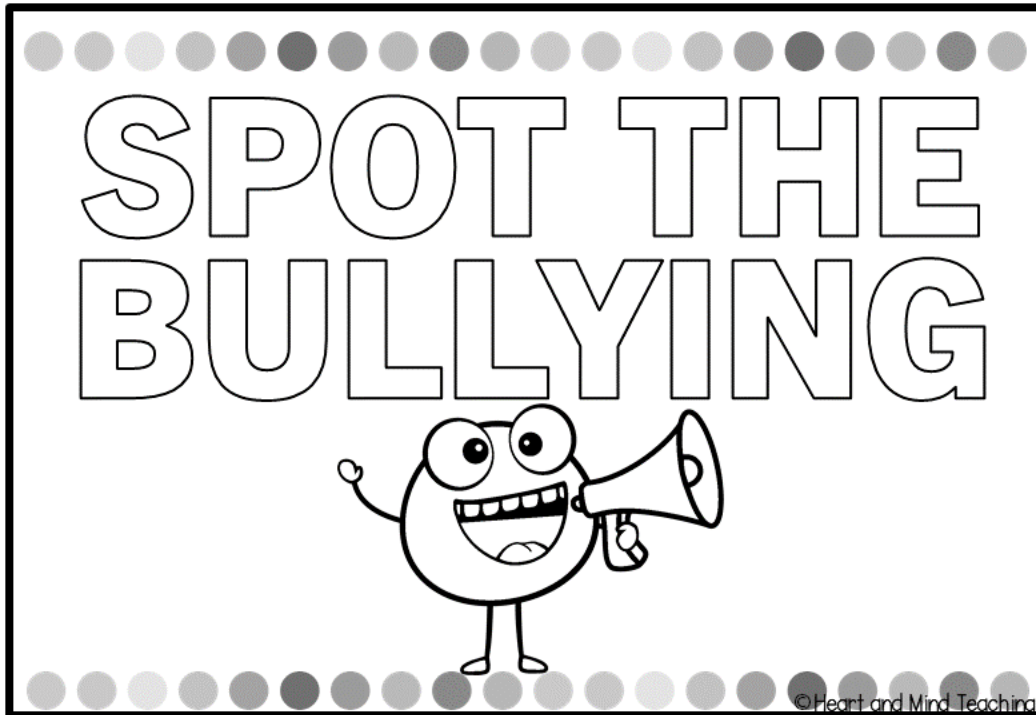
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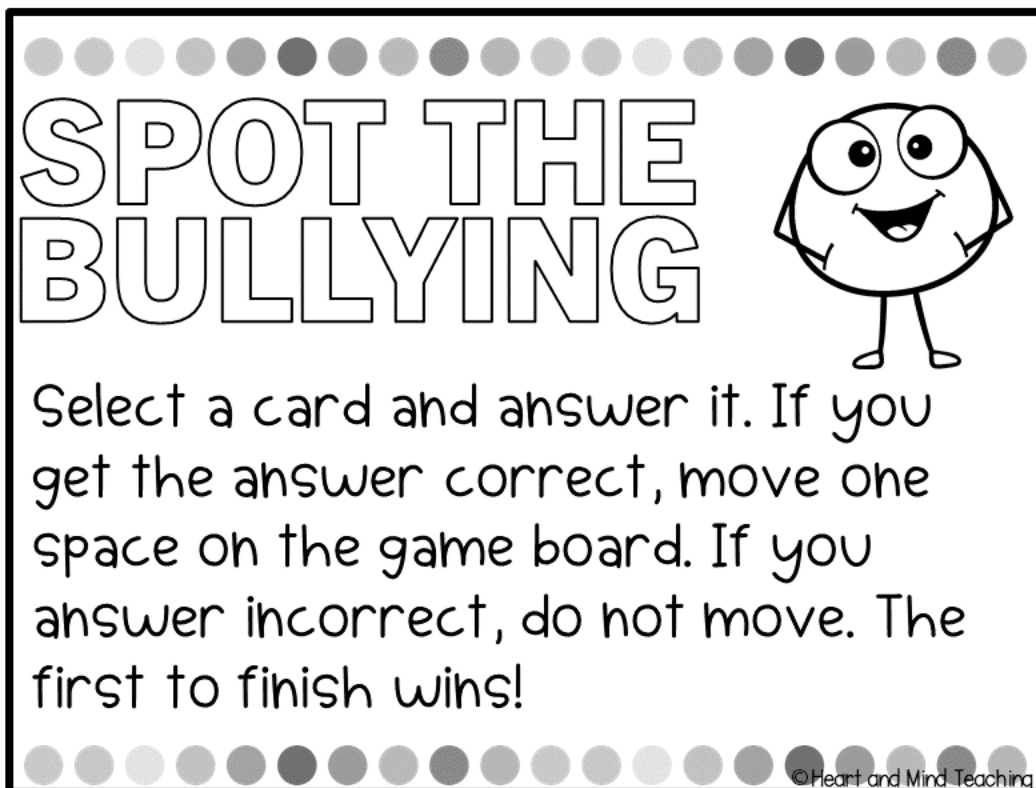
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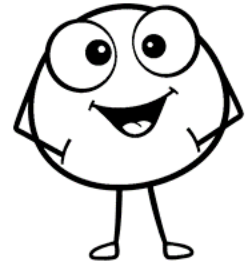
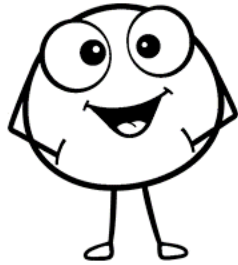
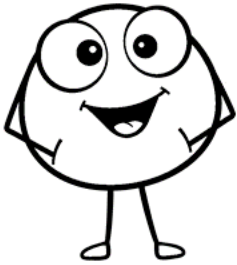
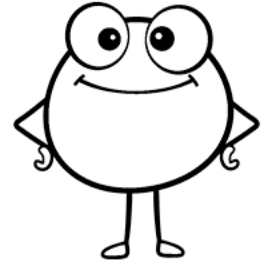
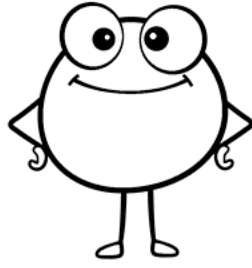
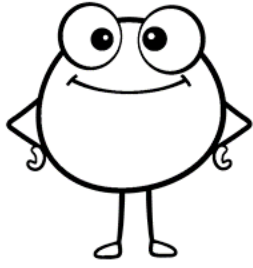
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Tape to the inside top of the task card box.



Game Pieces

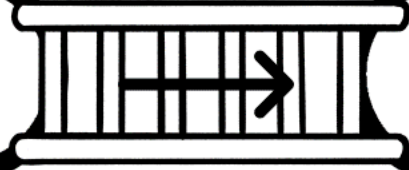
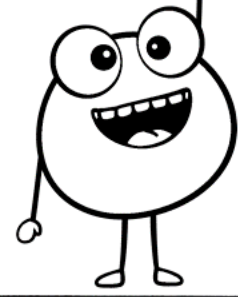


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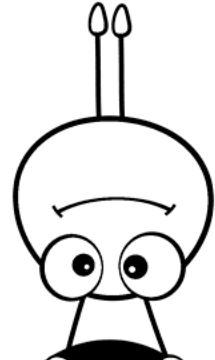


Move ahead two

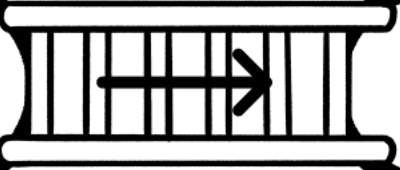
Move ahead two



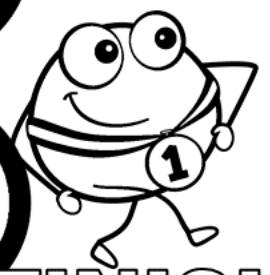
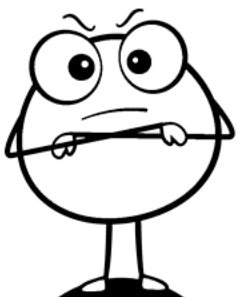
Move back two



Lose a turn!



Lose a turn!

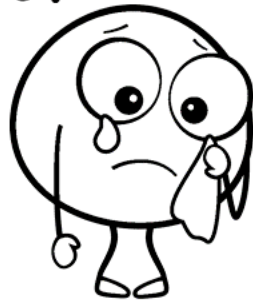


FINISH

Move back two

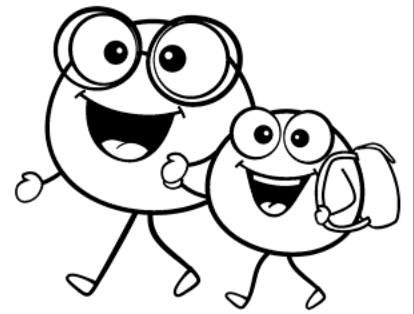


Why do you think bullying hurts people's feelings?



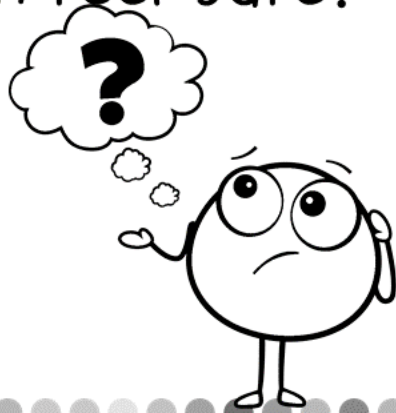
1

Name one trusted adult you could talk to if bullying happens.



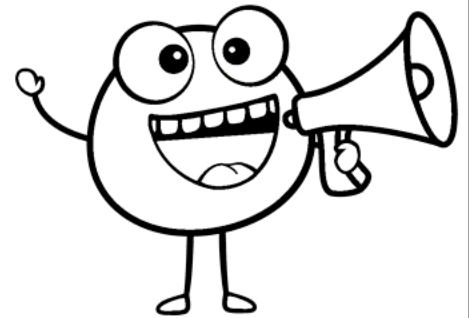
2

What makes a classroom feel safe?



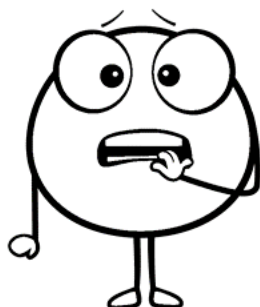
3

What does it mean to be an "upstander"?



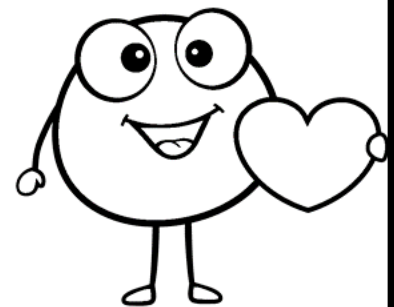
4

What should you do if bullying keeps happening?



5

How would you want others to treat you?



6

Teacher, counselor,
or parent.

2

It makes
people feel
sad, scared,
or unsafe.

1

Someone who
stands up for
others and gets
help.

4

Kindness,
respect, and
fairness.

3

With kindness
and respect.

6

Keep telling adults
until it stops.

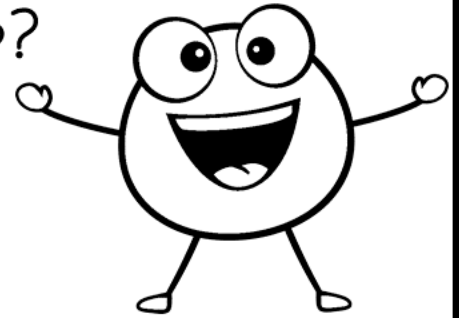
5

Someone keeps calling you a nickname you don't like every day. What should you do?



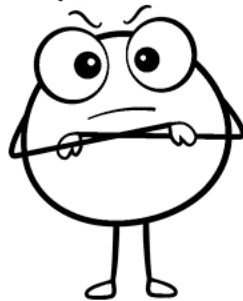
7

You see a classmate being left out at recess. What is one way you could help?



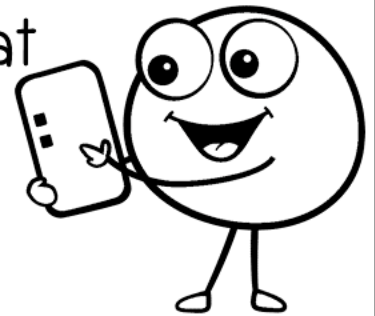
8

A friend dares you to join in making fun of someone. What is the best choice?



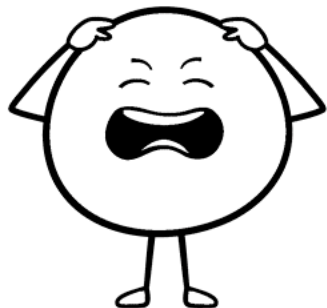
9

A student sends mean messages to another student online. Is this bullying? What should happen next?



10

You feel scared to tell an adult about bullying. What could help you feel brave?



11

Someone laughs when another student makes a mistake in class. How could you respond kindly?



12

Invite them to play or sit with them.

8

Tell them to stop, walk away, and tell a trusted adult.

7

Yes, it is bullying. Tell an adult and save the messages.

10

Say no and choose to be kind or walk away.

9

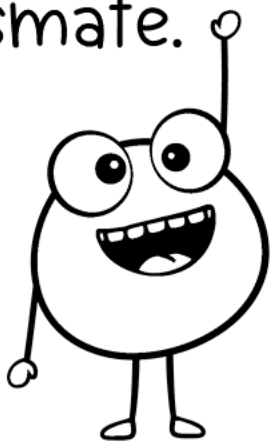
Help the student feel better or speak up kindly.

12

Remember adults are there to help and talk to someone you trust.

11

You hear a rumor about a classmate. What should you do?



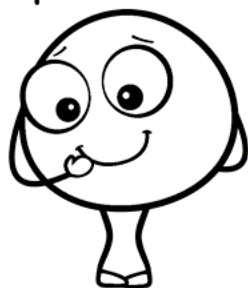
13

Someone pushes you in line every day. What is one safe step you can take?



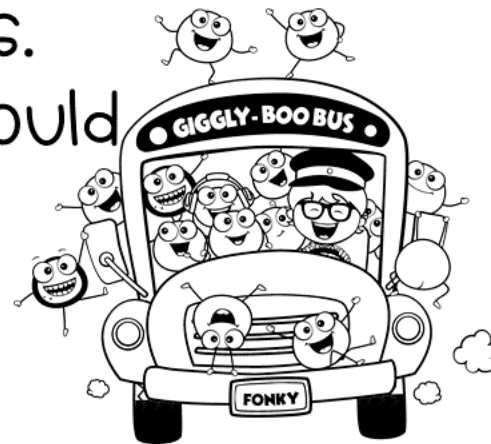
14

A student apologizes after being mean. What is a good next step for both students?



15

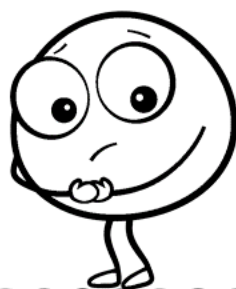
You see bullying on the bus. Who could you tell?



16

What is bullying?

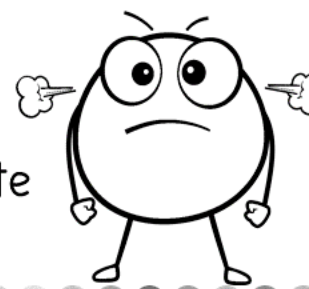
- A. Repeatedly hurting someone on purpose
- B. Playing a game together
- C. Being kind to others
- D. Being mean once.



17

Which is an example of bullying?

- A. Taking turns on the swing
- B. Calling someone mean names over and over
- C. Asking to join a game
- D. Helping a classmate



18

Tell an adult and stay
near others.

14

Do not spread it
and tell an adult if
needed.

13

The bus driver
or another
trusted adult.

16

Accept the apology
and move forward
respectfully.

15

B) Calling someone
mean names over
and over

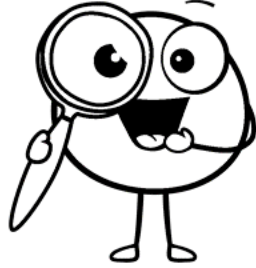
18

A) Repeatedly
hurting
someone on
purpose.

17

If someone is being bullied, what should they do FIRST?

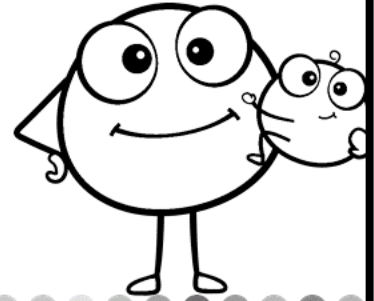
- A. Bully back
- B. Keep it a secret forever
- C. Laugh
- D. Tell a trusted adult



19

Which person can help stop bullying?

- A. A teacher
- B. A counselor
- C. A parent
- D. All of the Above



20

Which behavior shows kindness instead of bullying?

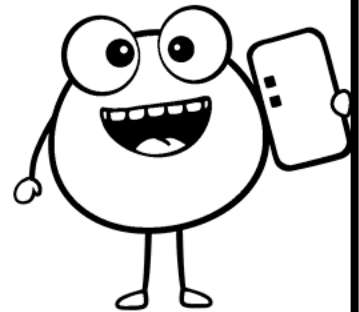
- A. Excluding someone on purpose
- B. Spreading rumors
- C. Inviting someone to play
- D. Making fun of mistakes



21

What is cyberbullying?

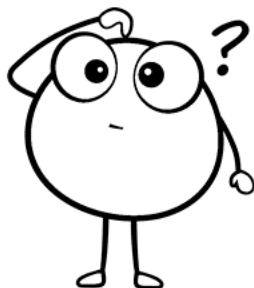
- A. Bullying at recess
- B. Bullying online or through messages
- C. Bullying on the bus
- A. Bullying in class



22

Which feeling might someone have if they are being bullied?

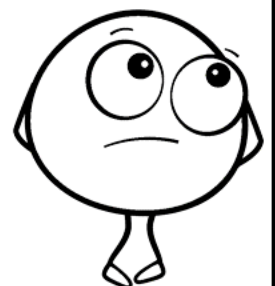
- A. Proud
- B. Safe
- C. Sad or scared
- D. Excited



23

If you see bullying happening, what should you do?

- A. Ignore it every time
- B. Join in
- C. Get help from an adult
- D. Cheer



24

D) All of the
above

20

D) Tell a trusted
adult

19

B) Bullying online
or through
messages

22

C) Inviting
someone to play

21

C) Get help
from an adult

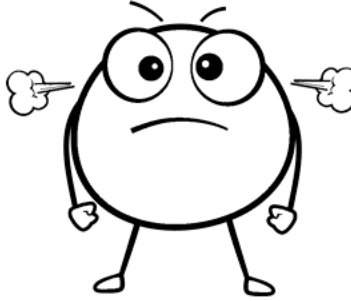
24

C) Sad or
scared

23

Which is NOT bullying?

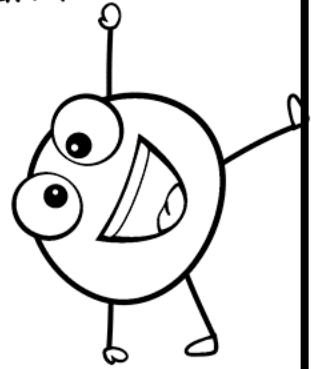
- A. A disagreement once
- B. Repeated teasing
- C. Threatening someone
- D. Leaving someone out on purpose



25

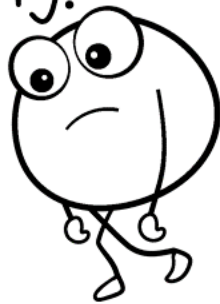
Which action can STOP bullying?

- A. Laughing along
- B. Walking away and telling an adult
- C. Posting it online
- D. Keeping it secret



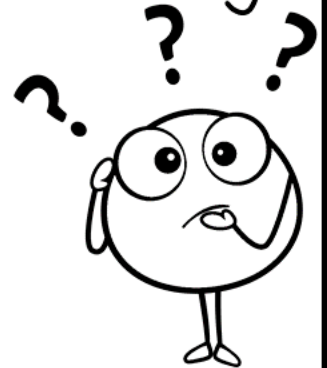
26

True or False: Telling an adult about bullying is tattling.



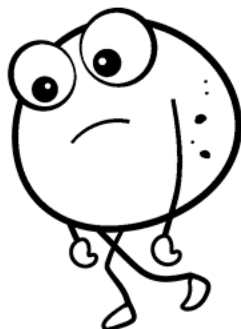
27

True or False: Bullying happens only one time.



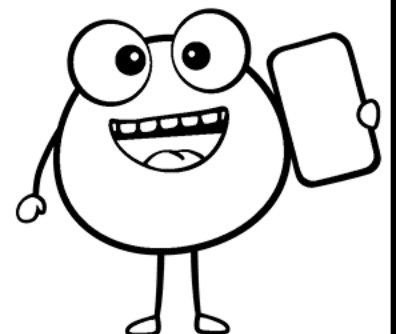
28

True or False: Words can hurt just like actions.



29

True or False: Bullying can happen in person or online.



30

B) Walking away and telling an adult.

26

A) A disagreement once

25

False

28

False

27

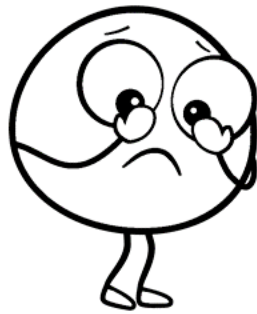
True

30

True

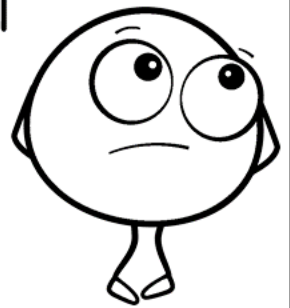
29

True or False:
Laughing at bullying
helps make it
stop.



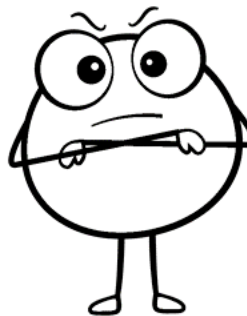
31

True or False:
Everyone deserves
to feel safe at
school.



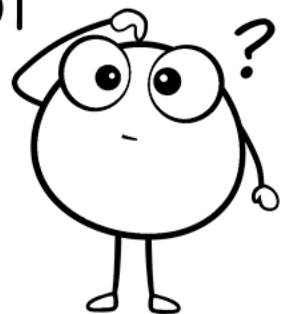
32

True or False:
Bullying is always
physical.



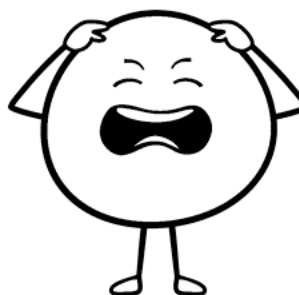
33

True or False: You
can be a helper even
if you are not
being bullied.



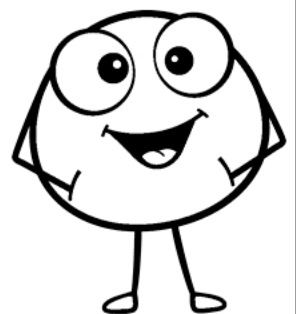
34

True or False: It is
okay to ask for help
if you feel
unsafe.



35

True or False: Being
kind can help prevent
bullying.



36

True

32

False

31

True

34

False

33

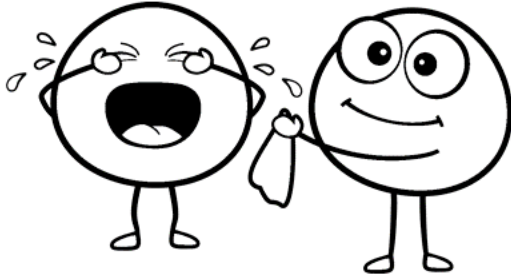
True

36

True

35

How can kindness help stop bullying?



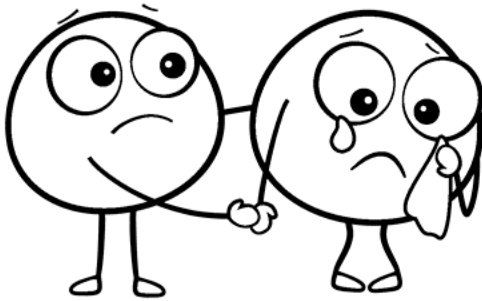
37

How can you use words to help instead of hurt?



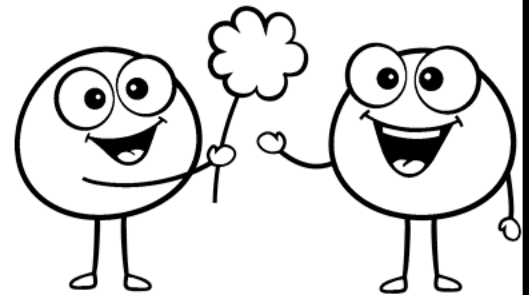
38

How can friends help each other feel safe?



39

Why is it important to include others?



40

Use kind, respectful words.

38

Kindness helps people feel included and respected.

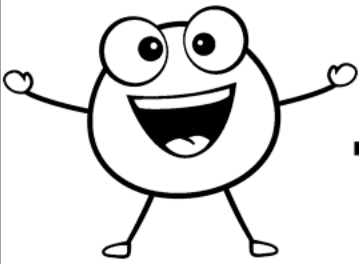
37

It helps people feel accepted and safe.

40

By listening, helping, and speaking up.

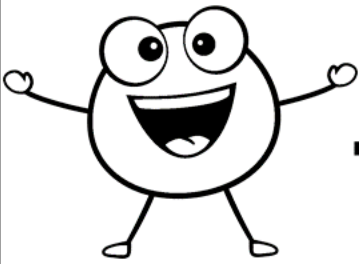
39



Name: _____

TASK CARD RESPONSES

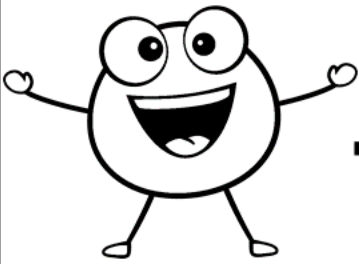
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Name: _____

TASK CARD RESPONSES

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Name: _____

TASK CARD RESPONSES

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40	

SPOT THE BULLYING

TASK CARD ANSWER KEY

1	It makes people feel sad, scared, or unsafe.
2	Teacher, counselor, or parent.
3	Kindness, respect, and fairness.
4	Someone who stands up for others and gets help.
5	Keep telling adults until it stops.
6	With kindness and respect.
7	Tell them to stop, walk away, and tell a trusted adult.
8	Invite them to play or sit with them.
9	Say no and choose to be kind or walk away.
10	Yes, it is bullying. Tell an adult and save the messages.
11	Remember adults are there to help and talk to someone you trust.
12	Help the student feel better or speak up kindly.
13	Do not spread it and tell an adult if needed.
14	Tell an adult and stay near others.
15	Accept the apology and move forward respectfully.
16	The bus driver or another trusted adult.

SPOT THE BULLYING

TASK CARD ANSWER KEY

17	A) Repeatedly hurting someone on purpose.
18	B) Calling someone mean names over and over
19	D) Tell a trusted adult
20	D) All of the above
21	C) Inviting someone to play
22	B) Bullying online or through messages
23	C) Sad or scared
24	C) Get help from an adult
25	A) A disagreement once
26	B) Walking away and telling an adult.
27	False
28	False
29	True
30	True
31	False
32	True

SPOT THE BULLYING

TASK CARD ANSWER KEY

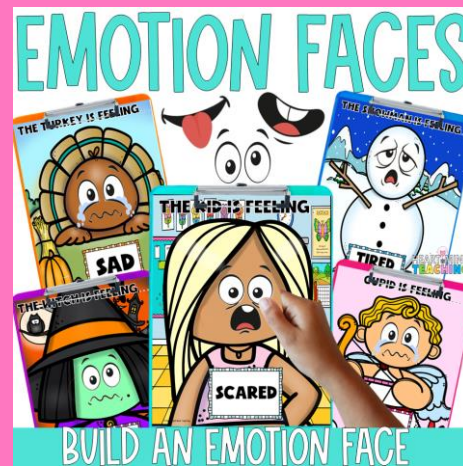
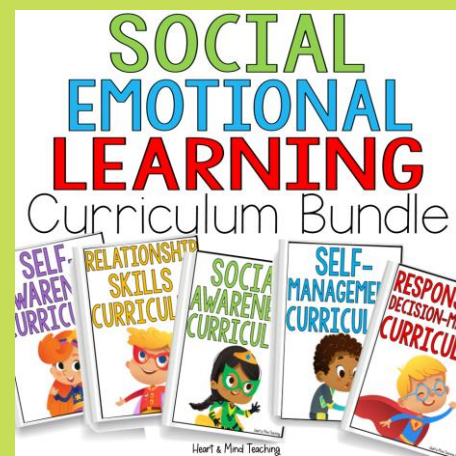
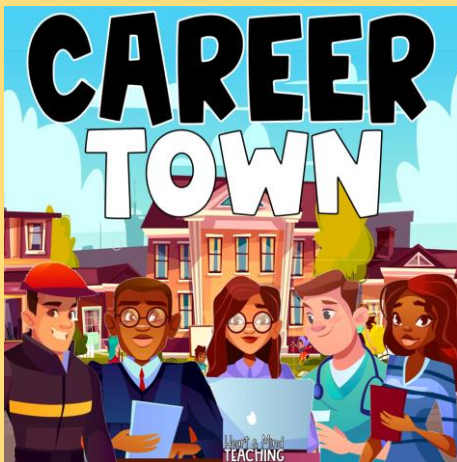
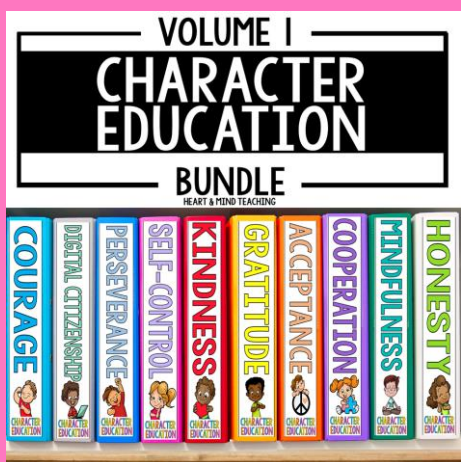
33	False
34	True
35	True
36	True
37	Kindness helps people feel included and respected.
38	Use kind, respectful words.
39	By listening, helping, and speaking up.
40	It helps people feel accepted and safe.



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