

## Brief Daily SEL Activities

### BULLYING

DAY 2

Bullying is when one person hurts another person on purpose with their words or their actions. It might happen again and again. It can happen anywhere or to anyone.

**Bullying is a behavior, not a person.**

The person doing the bullying has more power than the person they are bullying. They might be bigger, stronger, more popular, or it might even be a group of kids.



There are different kinds of bullying. Some bullying is physical like hitting, some is verbal like name calling, some is social like spreading rumors.

Sometimes something isn't bullying. It might be teasing, mean behavior, or an argument with a friend.



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# Cover One Topic Each Week

## Daily Intro Focused on 3 Points

### BULLYING

Day 2

How can you stop a rumor from spreading?



THINK ABOUT IT

LET'S TRY IT!



Draw a line from the situations to the categories.



**BULLYING**

**TEASING**

**CONFLICT**

**MEAN**

Bert calls Sam names at recess all the time.

Kai and Xavier argue about who won the game.

Penny laughs when Neil gets out in the game.

Finn jokes with Will about the book he chose.

Lots of girls in class spread a rumor about Gina.

Imani pushes Greta and tells her she's going to get her after school.

## BULLYING

Day 4

How can an adult help you when you see bullying?



THINK ABOUT IT



# Think Questions

### LET'S TRY IT!



Below are some things you can do when you see bullying. Check off two you would do and write down why each helps.

- Tell the person to stop
- Not join in.
- Help the person being bullied leave the situation
- Tell an adult.
- Let the victim know no one deserves to be bullied.
- Ask others to stand against bullying

# Student Activities



## BULLYING

DAY 1

Bullying can happen to anyone or anywhere. Bullying is never okay. We all deserve to feel safe and to be respected.

We are going to learn about bullying: how to spot it, stop it, and handle it.

**Recognizing Bullying:** You can spot bullying and tell it apart from other negative behavior like a mean comment or an argument.



**Preventing Bullying:** We can all do our part to stop bullying by including others, being kind, and standing up.



**Handling Bullying:** You can do something about bullying when you see it. If it's safe, you can stand up for yourself or someone else.

Have you seen bullying?

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**BULLYING**

Day 1

When should you tell an adult about bullying?

**THINK ABOUT IT**

**LET'S TRY IT!**

**Situation:** At recess, Lori tells all the girls that they shouldn't play with Amelia. Then she tells Amelia that they already have enough players. This is the second time this week that Amelia is sitting by herself at recess.

How could you help?

What would you say?

What's something that might make it worse?

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All Activities in Google Slides™

## DAILY SEL

## Bullying Teacher Guide

This set of daily SEL activities will help students learn about bullying. Over five days, students are going to learn about bullying, how to spot it, how to stop it, and how to handle it.

### Day 1

- **Key Point:** Bullying can happen to anyone or anywhere. Bullying is never okay. We all deserve to feel safe and to be respected.
- **Think Question:** When should you tell an adult about bullying?
- **Student Activity:** What you could do and say in a bullying situation.

### Day 2

- **Key Point:** Bullying is when one person hurts another person on purpose with their words or their actions.
- **Think Question:** How can you stop a rumor from spreading?
- **Student Activity:** Sort bullying, mean, teasing, conflict.

### Day 3

- **Key Point:** You can stop bullying when it starts or before it starts. Stop bullying by standing up for others, being kind, and including everyone.
- **Think Question:** How can you include someone else?
- **Student Activity:** Brainstorm kind and unkind acts.

### Day 4

- **Key Point:** You can do something about bullying when you see it. If it's safe, stand up for yourself or someone else.
- **Think Question:** How can an adult help you when you see bullying?
- **Student Activity:** Things you can do when you see bullying and why they are helpful.

### Day 5

- **Key Point:** Tips for using strategies and wrap up.
- **Think Questions:** Questions focused on what they learned this week.
- **More?:** Anything else they want to learn and self-rating if they found the topic helpful.

Some activities have a rating scale. Students can use this to rate how they enjoyed the activity or whether they found it useful.

