

SEL WORKSHEETS – RELATIONSHIPS

BULLYING

spot it, stop it, handle it

grades 3-5

Quick, Easy, Bite-Size Worksheets

5 worksheets that break the topic up so students learn about one part at a time.



Each worksheet has an intro, a reflection question, and a brief exercise



Ready-to-print PDF or
Fill-in Google Slides

What's Covered

What bullying is
What bullying isn't
Ways to prevent bullying
What to do when you see it
Reflection

BULLYING

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

**Let an adult know when you see bullying.
It will protect you or someone else.**

If you see bullying, know that you can help stop it. Tell the person to stop or let an adult know. Reach out to the person being bullied and support them. Tell others that bullying is not okay.



If you are bullying, know that your actions are hurting someone. It's not okay because everyone deserves to feel safe and respected. Talk with an adult and make a plan to change your behavior.

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Each Worksheet

FRONT

BACK

BULLYING

Bullying is when one person bullies another person with their words or their actions. It can happen anywhere or to anyone.

intro to topic

DAY 2

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.



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



BULLYING

Day 2

How can you stop a rumor from spreading?



THINK ABOUT IT

personal reflection

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.

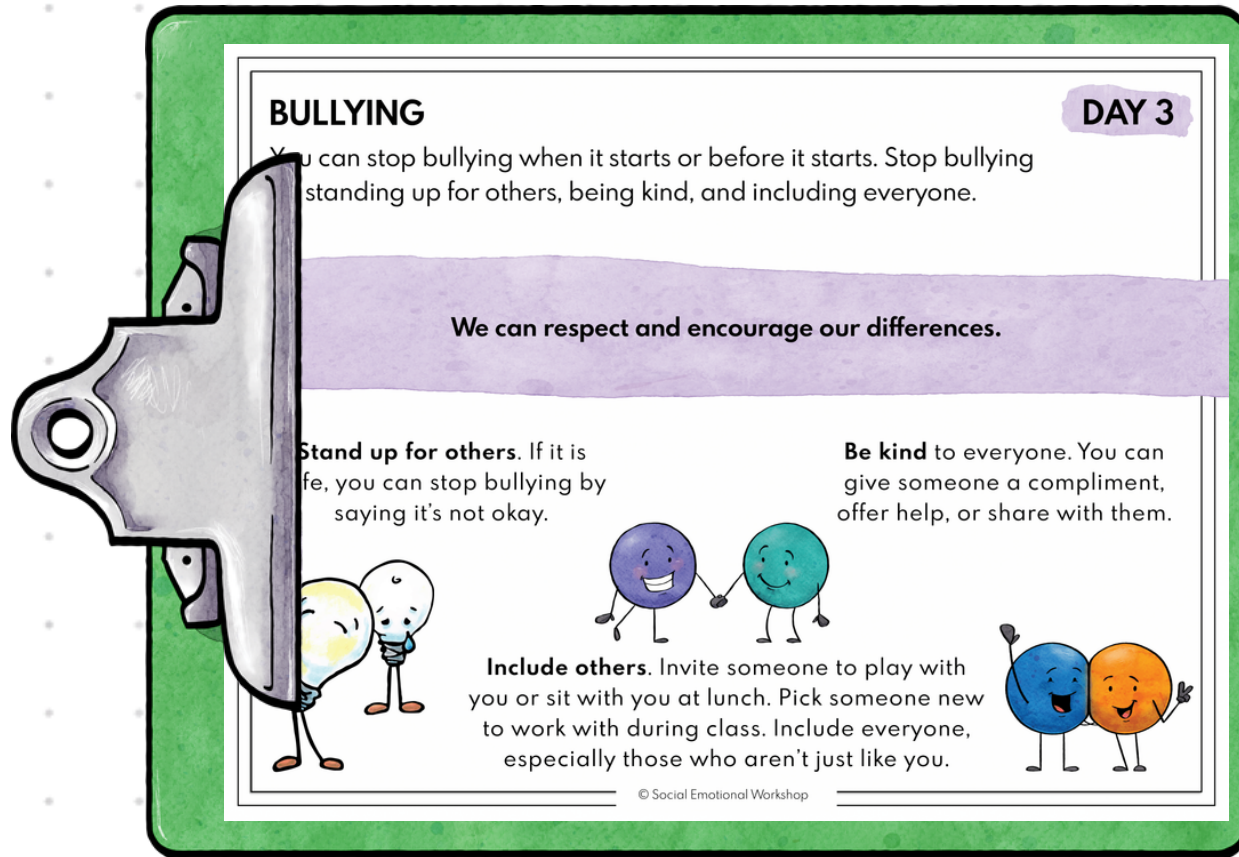
Lots of girls in class spread a rumor about Gina.

Greta she's going to get her after school.

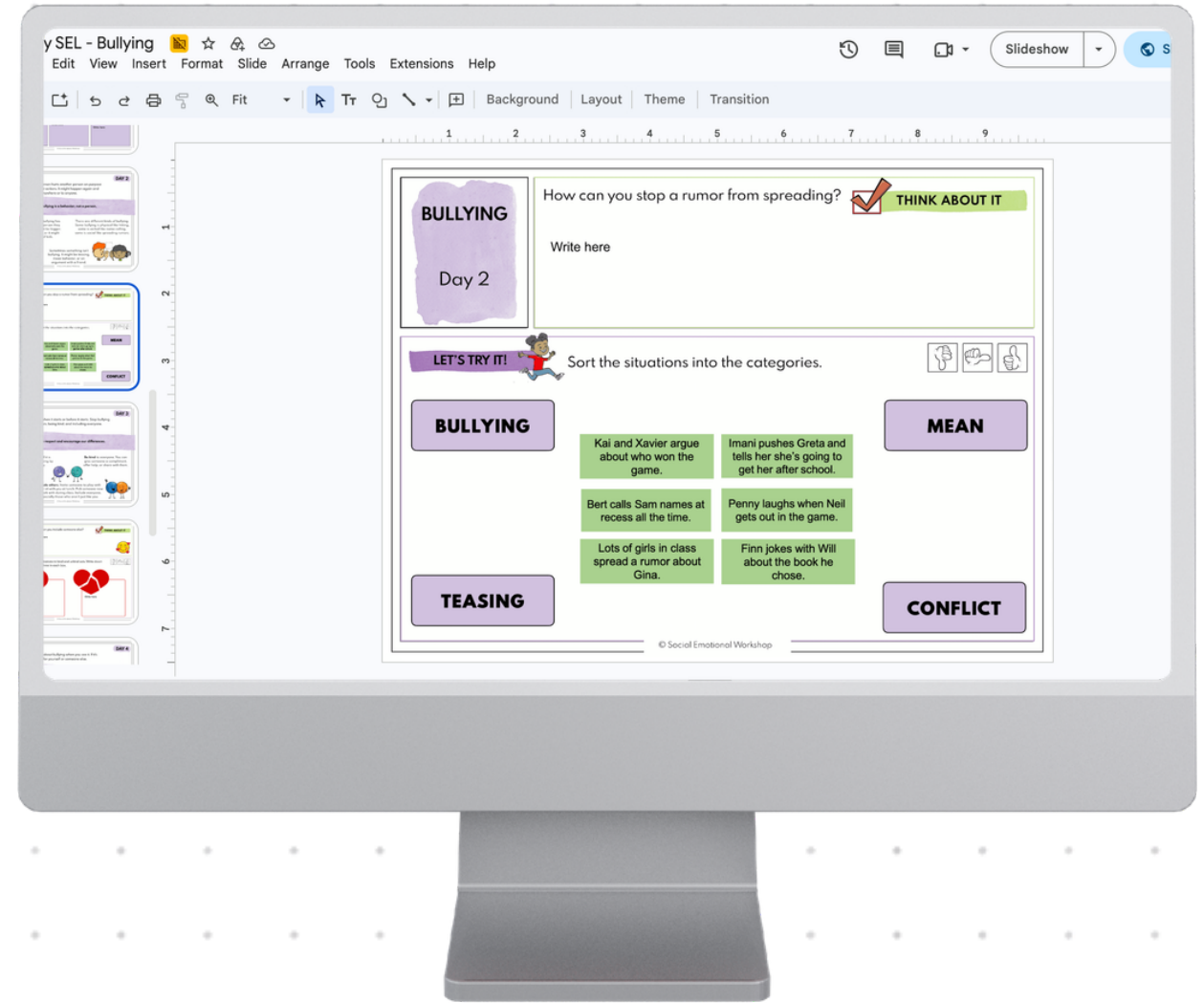
brief exercise

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Details



Grade Level

3rd to 5th



Made For

Classroom and counseling



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AND

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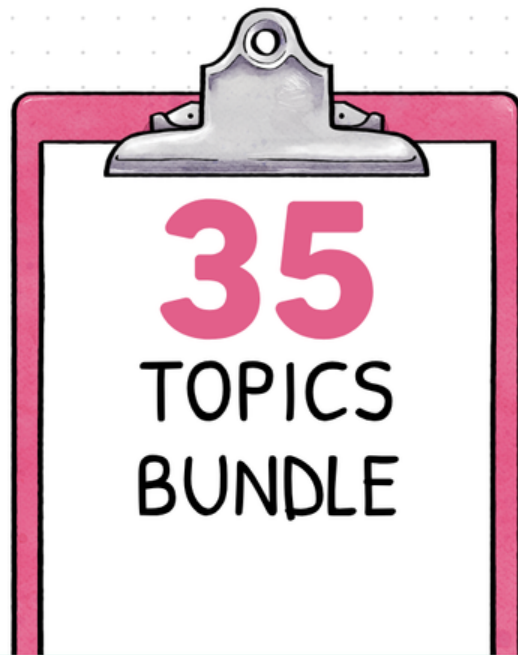


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GRADES 3-5

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Social Emotional
Workshop 

Hi! I'm Laura

I create research-driven, uncomplicated tools and resources that help students build social and emotional skills in the classroom and counseling.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

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