Positive Thoughts if Bullied Directions:

This is a self-reflective activity

Bully Task Cards: Print the “Pressurer Bully Task Cards” slides (2) for every student. (Print 30 for a class of 30)

- Cut and laminate, or use wide clear tape to cover each card (optional)

“Don't Let a Bully Have Power” / “If you are being bullied” on the back Card: Print one slide for every 2 students since there are two cards on it (Print 15 for a class of 30 since there are two on each page - each student gets one)

- Cut and glue front to back, laminate or clear tape to cover (optional)

1. Pressurer:

"Why are you even here? No one likes you."

Don't give someone else power over your emotions.

You will end up with a set of 8 cards for each student

Each student will have this front to back. Don’t hand this one out at first - they will come up and get it later!

Don't let a bully have power over your emotions! Use these positive thoughts:

- I'm better than this situation
- I can handle this
- I need to let it go
- I'm not going to give them power over me
- I like myself, just the way I am
- I have other friends
- I believe in myself
- I'm going to be the best I can be
Positive Thoughts if Bullied Directions:

Activity Directions: Each student starts with a set of 8 Bully Task Cards

Don't hand out "Don't Let a Bully Have Power/If you are being bullied" Cards yet!

- Each student gets out a piece of paper and #1-8. They will go through each scenario one at a time, writing positive sentences or thoughts about themselves instead of listening to those negative words for each one. You can tell students how many positive thoughts you want written. (Possibly 3 for each?). You could also offer extra credit if they can think of more than one answer but put a limit on the extra (possibly 3 extra thoughts?).

- Next, when they have thought of all that they can on their own, they can come up front and get a "Don't Let a Bully Have Power"/"If you are being bullied" Card and check their answers. They aren't correcting, but just making sure they have the minimum number you set. The card will help them if they need to add more.

- Optional: You could follow-up with the "Positive Thoughts at Night" homework assignment. It's FREE at:

When done they will get:

1. Pressure:
   "Why are you even here? No one likes you."

   Don't give someone else power over your emotions.

When done they will get:

If you are being bullied, or see it:

HA HA TO:

A - Help – get it or give it
B - Assertive – not passive or aggressive
C - Run
D - Avoid – walk away
E - Sell: Think that's positive (the best way to keep self-esteem)
F - Own it, Know that you can't control them. Own your response. If you handle it right, it can make

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**Bully Task Cards** - Students read scenario, then write positive thoughts they could have so they don't let the bully make them feel bad.

1. Pressurer:

   "Why are you even here? No one likes you."

   Don't give someone else power over your emotions.

2. Pressurer:

   "You just bumped me on purpose. Why do you think you belong here?"

   I matter!

3. Pressurer:

   "The person you like is cheating on you. They don't care about you."

   Find out the truth

4. Pressurer:

   "I'm sick of you being teacher's pet."

   I need to be me.
**Bully Task Cards** - Students read scenario, then write positive thoughts they could have so they don't feel bad

5. Pressurer:
"You are not going to go out with my "Ex."

Stay calm!

6. Pressurer:
"You won't make it. You should just give up."

Believe in myself.

7. Pressurer:
"You can't walk this way, it's my sidewalk."

Breathe!

8. Pressurer:
"You're a liar and a cheat. I don't want to be your friend anymore."

Stay positive.
**Bully Role Plays:** Don't let a bully have power over your emotions!

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If you are being bullied, or see it:

**HA HA SO:**

H – Help - _get it or give it_
A – **Assertive** – not passive or aggressive
H – Humor
A – Avoid – walk away
S – **Self-Talk that’s positive** (the best way to keep your self-esteem)
O – Own it. Know that you can’t control them. Own your own response. If you handle it right, it can make you stronger!

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Blank Template (to design your own cards)
<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Title</strong>: Put your writing here...</td>
<td>2. <strong>Title</strong>: Put your writing here...</td>
</tr>
<tr>
<td>3. <strong>Title</strong>: Put your writing here...</td>
<td>4. <strong>Title</strong>: Put your writing here...</td>
</tr>
</tbody>
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**Blank #2: Title Here**—Further directions here...
This lesson was taken from my:

4-Week Stop Bullying and Improve Self-Esteem Unit