

Ways To Kindness: Stopping Bullying

Bullying is when a person causes sadness and suffering repeatedly, often when someone is unable to defend themselves.

Read each statement. If it describes a buddy, circle the happy face, if it describes a bully,

Buddy or Bullying?	Happy or Sad?
Cares about how others feel	 
Laughs when other people mess up	 
Plays with everyone	 
Is respectful and kind	 
Uses Polite words	 
Calls people mean names	 
Helps people work.	 

A Helping Hand

Directions: On each finger, state one good thing you can say to someone

