

being kind

ACTIVITY
BOOK



what is bullying?

LEAVING

SOMEONE OUT

SENDING

HURTFUL

MESSAGES ONLINE

MAKING

THREATS

SPREADING
RUMORS

IGNORING
SOMEONE

PUSHING

OR KICKING

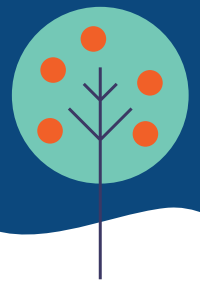
TAKING OR RUINING
SOMEONE'S THINGS

Bullying can happen to anyone.

The person being bullied never deserves it.



friends don't bully



If your friend does something that hurts you, let them know how you feel and ask them to stop.

D A E L F U N D D V S P
R N C U O P Z S I Z L Y
Q L I L M Y R U T E E W
Q P N K Y C A S H N H V
Z T L J U D E L Y B T F
T Q P Y F N Z S S L C T
O N T B O O M H T A E R
G O E H E I G C S V P U
D D R I L V E R A H S S
W C L E T X S Q Y B E T
G D F F I A O M G U R L
L I S T E N P A I X N U

Find the friendship words.

KIND	HONEST	HELP
LOYAL	TRUST	SHARE
NICE	FUN	RESPECT
PATIENT	SMILE	LISTEN



Answer on page 9.

crack the code

19 16 5 1 11

21 16 6 15 18

11 9 14 4 14 5 19 19

A • 1	E • 5	I • 9	M • 13	Q • 17	U • 21	Y • 25
B • 2	F • 6	J • 10	N • 14	R • 18	V • 22	Z • 26
C • 3	G • 7	K • 11	O • 15	S • 19	W • 23	
D • 4	H • 8	L • 12	P • 16	T • 20	X • 24	



**Each number stands for one letter.
Fill in each space with its letter to
find the hidden message.**

Answer on page 9.

Join the friendship squad

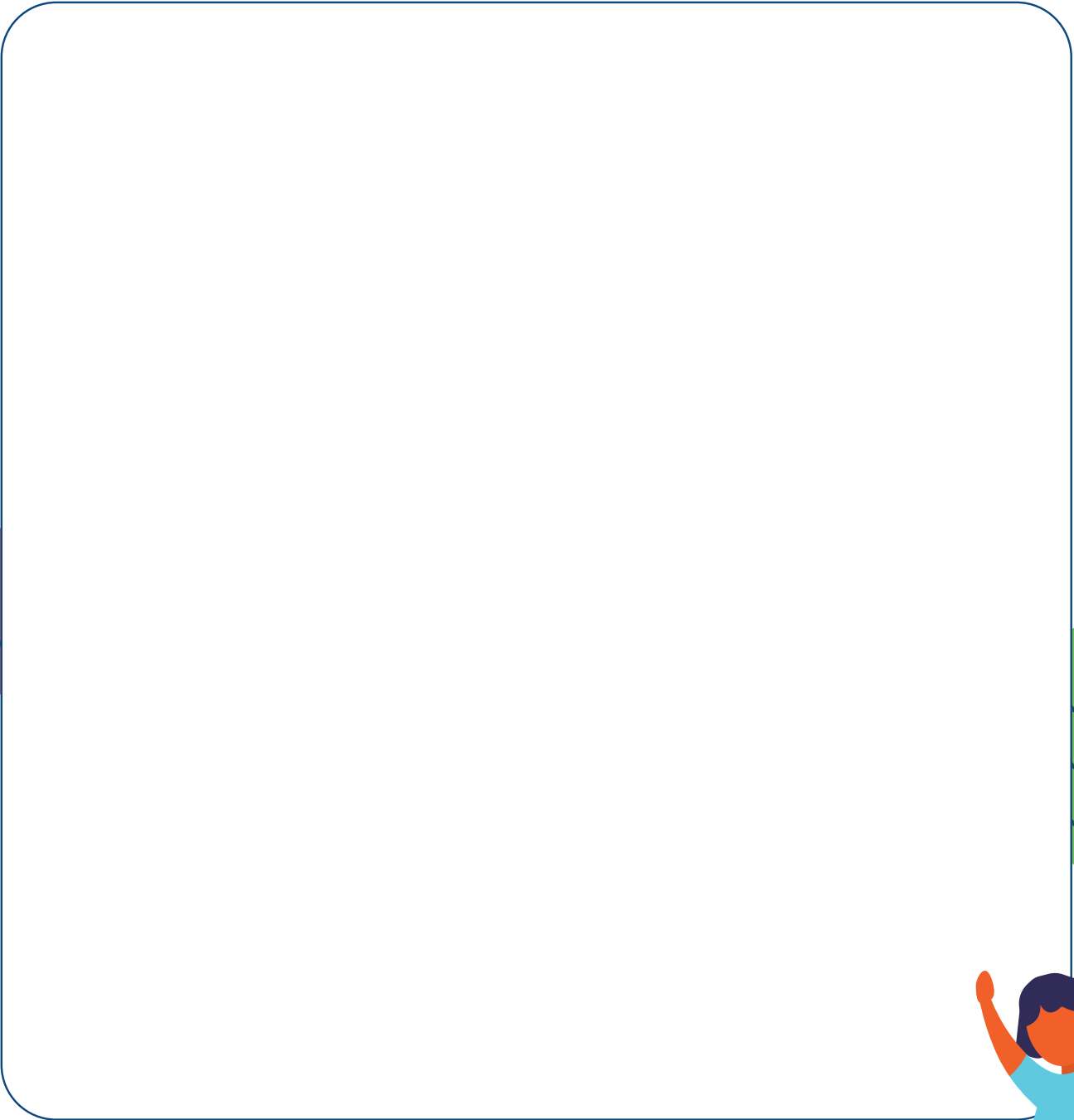


Smile. Include people who are alone. Give a compliment.

Be patient and respectful if someone does things differently than you.

How else can you show kindness?

create your own anti-bullying poster



Bullying hurts everyone.

THE BULLY | THE PERSON BEING BULLIED | THE PEOPLE WHO SEE BULLYING



words for good

Words can hurt others if they're used wrong. Think carefully about your words. Speak positively about yourself and others.

UNSCRAMBLE THE WORDS TO SEE WHAT YOUR CLASSMATE SAID.

ORUY EWN SHSEO EAR OS OLCO!

YOUR _____

Answer on page 10.

be open-minded

People wear different clothes, eat different foods, and even speak different languages at home. Be open-minded. That means learning about new things not making fun of them.

Today, a new student named _____
joined our class. He/She is from _____.
Their flag looks like this:

I sat with _____ during lunch. I learned
that his/her family speaks _____ at
home. They like to eat _____ for dinner.

At recess, _____ showed me a game
from _____ called _____.
It was so fun we are going to play it
again tomorrow!



support with good

People might bully others if they're frustrated, scared, or lonely.
If you or your friends have these feelings, you can talk to:

- Parents • Teachers • Coaches • Older siblings

CONNECT THE DOTS AND SAVE THEM FROM THE RAIN!



tips for parents

Bullying can happen on the playground, online, on the bus, or in other places where adults may not see.

WATCH FOR SIGNS OF BULLYING OR CYBERBULLYING

- Frequent headaches or stomach aches, feeling sick, or faking illness.
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares.
- Declining grades, loss of interest in schoolwork or not wanting to go to school.
- Sudden loss of friends or avoidance of social situations.
- Feelings of helplessness, fear, depression or decreased self-esteem.
- Self-destructive behaviors.
- Seem stressed when getting an email, instant message or text. If your child becomes withdrawn or their internet use becomes obsessive, they could either be a victim or a perpetrator of cyberbullying.

WHEN YOUR CHILD SAYS THEY ARE THE VICTIM OF BULLYING...

Let your child know you care and are listening.

Thank them for telling you and use compassion.

Insist that your child's school or classroom find solutions to the issue.

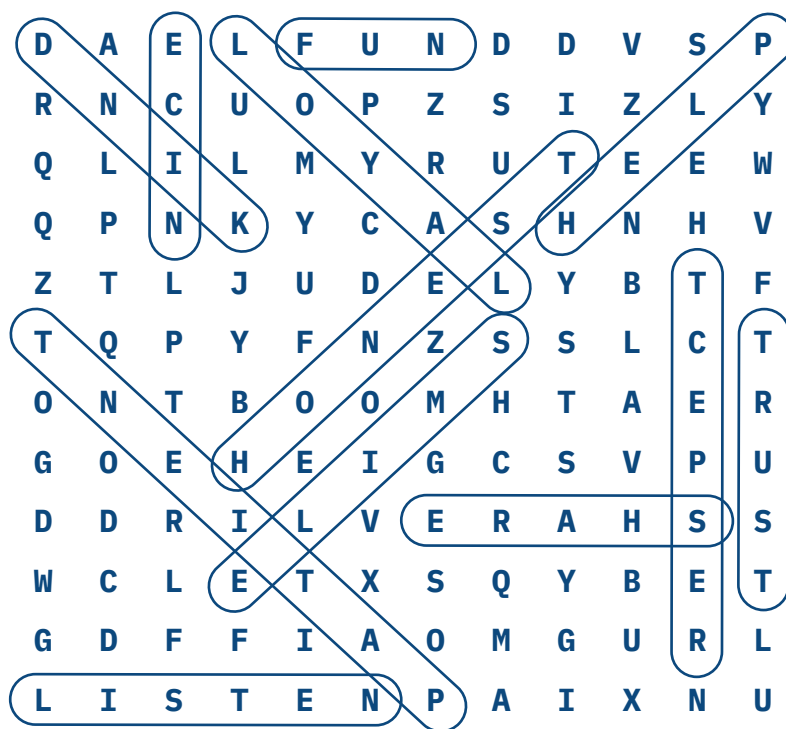
Encourage friendships and involvement in groups where your child feels included and safe.

Visit [ParentsLead.org](https://www.ParentsLead.org) for more information.



answer key

WORD FIND



CRACK THE CODE

S p e a k

u p f o r

k i n d n e s s

answer key

WORD UNSCRAMBLE

ORUY EWN SHSEO EAR OS OLCOI!

YOUR NEW SHOES ARE SO COOL!

CONNECT THE DOTS



PARENTS LEAD.ORG

A North
Dakota
Behavioral
Health
Initiative

North Dakota Behavioral Health leads initiatives that meaningfully impact behavioral health for all North Dakotans.