

Bullying/Emotional Intelligence

Questions

What is bullying to you?

How can we identify bullying behavior in different settings?

Who could you report bullying behavior to?

Activity

1. Empathy Mapping Activity

Bullying affects someone by causing them emotional pain, lowering their self-esteem, and leading to stress or anxiety. It can also result in physical health problems and difficulties with school or work performance. Overall, bullying harms a person's well-being

This activity is to help students understand the emotional impact of bullying.

Instructions:

1. Create a large outline of a person on a piece of paper (or use a template).
2. Ask students to brainstorm how bullying might affect the person physically, emotionally, and socially.
3. Have them write or draw their ideas inside and around the outline.

2. Positive affirmations activity

Positive affirmations are short, uplifting statements that help you focus on the good things about yourself and your life. They are meant to replace negative thoughts with positive ones

This activity is to help students tell themselves or someone else positive affirmations.

Instructions:

1. Ask the kids to think of examples of kind statements they have been given or said.
2. Create Kindness Links. Give each child a piece of paper. Each piece will be cut into strips to make links.
3. Have the kids use markers, crayons, pens or pencils to write out a positive affirmation they have said or heard on the piece of paper

4. Once they are done, start with one and glue or tape the ends of each strip together to form a paper chain link.

5. Have the kids share what they wrote down on their link.

Positive Self Talk Journal

This activity helps to practice positive self talk and uplifting yourself

- 1.) Each student will be supplied with their own copy of their "journal."
- 2.) In each box they will answer each prompt

Materials needed for Empathy Mapping:

- Crayons, pencils, pens or markers
- Blank paper or paper with an outline of a person

Materials needed for Positive affirmation chain link

- Cut strips of paper
- Crayons, pencils, pens or markers
- Glue and Tape

Materials needed for Positive self talk journal

- Copy of journal (katelyn found it on pinterest)
- pencil

POSITIVE SELF-TALK JOURNAL



I felt good when...	I am proud of myself because...	Something that went well today was...
I had fun when...	This makes me unique...	I learned from this mistake...
I feel strong when...	The best part of today was...	A good quality I am learning is...
This was interesting today...	Something I am grateful for is...	A way I was kind today was...
An accomplishment I made this week was...	I like this about myself...	Something I love about my life is...

Outline of person for empathy mapping

