

## SKETCH IT

30 points

Using symbols or words, draw or write down 3 qualities you look for in a friend.

## IMAGINE IF

10 points

Imagine if one of your friends started to treat you badly and was really starting to bother you. Who could you talk to about it?



As the research says, creative play really is the language of childhood. No matter the topic covered, I have found that as long as the lesson involves a bit of art, role-playing, games, and some freedom of movement, students are engaged. In this lesson & Quiz Show style game, students get to answer through acting, drawing, imagining, and problem solving as a team. I hope that your students enjoy this activity, having serious fun learning!

## ACT IT OUT

20 points

Your friend is speaking negatively about another classmate, calling them names and spreading untrue rumors about them. You know that it is wrong and feel uncomfortable about it. What do you do and what do you say to your friend? Act It Out.

## TRUE or FALSE

40 points

I am worthy of belonging. I want to be around people who like me for who I am and will try to work things out with me when there is a conflict.

## RISK

50 points

Let's say that Katie realizes that she has made a big mistake treating Monica so terribly. What could she do to make amends or attempt to repair the relationship?

TOP SECRET

EVIDENCE

# BONUS ACTIVITIES INCLUDED!

## 25 TASK CARDS

### RISK TASK CARDS

**RISK**  
10 points

In the book, Monica's body tells her in the form of stomachaches that the way Katie is treating her is not right. How does your body let you know that something just doesn't feel right?

**RISK**  
20 points

Top 3 Clues That Emotional Bullying is Happening

**RISK**  
30 points

Choose All Correct

- 1) Your friend is always talking
- 2) Sometimes people but
- 3) One of a b
- 4) They

**RISK**  
10 points

Pretend to be going to a party with your friend. Without warning, your friend says, "I'm not confident and I don't want to go." How would you respond to yourself?

**RISK**  
10 points

Imagine if you were a Secret Bully detective, what clues from the book point to emotional bullying or relational aggression taking place?

### IMAGINE IF TASK

**IMAGINE IF**  
10 points

Imagine if one of your friends started to treat you badly and was really starting to bother you. How would you talk to them?

**IMAGINE IF**  
20 points

Imagine if you noticed one of your classmates always seemed to be alone during recess. You just overheard another student saying mean things about her. What could you do?

**IMAGINE IF**  
40 points

Imagine if you started a rumor that was harmful and untrue about your friend. After you see how hurt your friend is, you realize you made a big mistake. How would you feel and what would you say or do?

**IMAGINE IF**  
30 points

Imagine if you were a Secret Bully detective, what clues from the book point to emotional bullying or relational aggression taking place?

### SKETCH IT TASK CARDS

**SKETCH IT**  
10 points

Draw how you would feel if someone you thought was your friend said you couldn't play with them.

**SKETCH IT**  
20 points

How would you feel if you were talking to Katie, the girl who made you feel bad for not doing that to her?

**SKETCH IT**  
10 points

Using symbols or words, draw or write down 3 qualities you look for in a friend.

### TRUE or FALSE

**TRUE or FALSE**  
10 points

It is a sign of someone telling you to play with someone else.

**TRUE or FALSE**  
20 points

If I do not feel good about how someone is treating me, I should ignore them. I feel better if I just stand up for myself.

**TRUE or FALSE**  
40 points

I am worthy of belonging. I want to be around people who like me for who I am and will try to work things out with me when there is a conflict.

### ACT IT OUT TASK CARDS

**ACT IT OUT**  
10 points

What would you do and say if your friend warned you not to hang out with someone else, and that if you did, they would stop being your friend. (Like how Katie threatens Monica to not talk with Secret.)

**ACT IT OUT**  
20 points

Your friend is speaking negatively about someone. They are calling them a name, spreading rumors, or making fun of them. How would you respond to them? What would you do and say?

**ACT IT OUT**  
30 points

Imagine if your classmate has been spreading rumors about you, ignoring you, or talking to them, and excluding you from recess. How would you respond to them? What would you do and say?

**ACT IT OUT**  
40 points

Check if you are a Secret Bully detective, either by using the clues or by asking your friend to act out saying it to you. Assume who is the Secret Bully detective. How would you respond to them? What would you do and say?

**ACT IT OUT**  
20 points

For the last two weeks, every time you try to play with your friends during recess, they tell you they are busy. They are always with too many people, and their backs are on you. What would you do and say? Act it out.

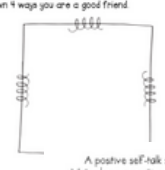
**TRUE or FALSE**  
30 points

Signs of relational aggression and emotional bullying are: gossiping and spreading rumors (excluding someone out), refusing to sit next to someone or work with someone, teasing and/or insulting someone, eye rolling, ignoring / giving someone the silent treatment.

## Sketch It & Imagine If Worksheets

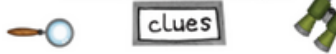
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A positive self-talk statement is something you can tell yourself that reminds you of your strength. Write down a positive self-talk statement that you could tell yourself in response to a mean comment or relational aggression.

Imagine if you were a Secret Bully detective, what clues from the book point to emotional bullying or relational aggression taking place?



- CLUE #1 \_\_\_\_\_
- CLUE #2 \_\_\_\_\_
- CLUE #3 \_\_\_\_\_
- CLUE #4 \_\_\_\_\_

Name \_\_\_\_\_

Imagine if you started a rumor that was harmful and untrue about your friend. After you see how hurt your friend is, you realize you made a big mistake. In an apology letter to your friend, share how you feel and what you will do to try to make up for your mistake.

Dear \_\_\_\_\_,

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Sincerely,

Imagine if one of your friends started to treat you badly and if really started to bother you.

1. Who could you talk to about it?  
2. What could you tell your friend?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

By \_\_\_\_\_