

**True or False**  
50 points

When you take your anger out on others, you feel better and good about yourself.

**Act It Out**  
40 points  
Act out what you would do if you witnessed a classmate picking on someone else.

**Imagine If**  
30 points  
Imagine if you are having a bad day, how could you avoid taking your frustration out on others?

**Risk**  
30 points  
What is an upstander?  
A) A person who stands by and does nothing when they see bullying  
B) A person who steps in and does something when they see bullying

**Sketch It**  
50 points  
Draw yourself doing something brave and kind for someone else.

ACT IT OUT	TRUE OR FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40
50	50	50	50	50

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 Quiz Show style game, players answer through acting, drawing, imagining, taking risks, and problem solving as a team.

I hope that your students enjoy this activity, having serious fun learning!

**Act It Out**  
20 points  
Without telling an adult that someone is bullying you, and practice asking for help.

**True or False**  
50 points  
All people have the right to feel safe and be respected.

**Sketch It**  
30 points  
Draw something Sam could do to show that she really does care about others.

**Risk**  
50 points  
Pretending that you are Sam, write an apology letter to Luisa.

**Act It Out**  
40 points  
Act out one way Sam could choose to treat Luisa with kindness.

# BONUS ACTIVITIES INCLUDED!

## 75 TASK CARDS

### ACT IT OUT TASK CARDS

**Act It Out**  
10 points  
Act out how Sam feels when her brother picks on her.

### TRUE or FALSE TASK CARDS

#### True or False

Sam acts "tough" to distance herself from Sam's behavior.

True or False  
10 points

Sam acts "tough" to distance herself from Sam's behavior.

### SKETCH IT TASK CARDS

#### Sketch It

Draw how Sam feels when she acts "tough" towards others.

Sketch It  
10 points

### IMAGINE IF TASK CARDS

#### Imagine If

Name 3 of the top reasons a person may bully.

Imagine If  
10 points

### RISK TASK CARDS

**Risk**  
10 points  
What do you think of this statement: "Disrespecting others means that you also disrespect yourself."

### RISK TASK CARDS

**Risk**  
10 points  
What does it mean to act with confidence?

**Risk**  
10 points  
Write a kind message to the person just to the left of you. Then give it to them. (Make sure everyone is included.)

**Risk**  
10 points  
Write down 3 positive thoughts about yourself. (If you have any, include them.)

# Preview

## SKETCH IT & Imagine If Worksheets

Draw how Sam feels when she acts "tough" towards others.

Draw how Sam feels when she shows that she cares about others.

Draw a heart with a message inside that you could

draw something Sam could

Design a bully-prevention poster!

Is it mean behavior bullying? Yes No

**Bullying Looks Like:**

**"Nice" Mean Looks Like:**

Imagine if you could talk to Sam, what would you tell her?

1. Imagine if you were being bullied and no one stood up for you, how might you feel?

2. What could you do to take care of yourself?

3. Who could you ask for help?

Imagine if you saw a classmate being bullied by another student, what would you do?

Imagine if a person bullies other people, are they doomed! always act that way? Why or why not?

Imagine if you are having a tough time, how could you avoid taking your frustrations out on others? What coping tools could you use to help yourself out?

Imagine if you see Sam, write an apology letter to Luis.

Dear Luisa,

Sincerely,

By \_\_\_\_\_