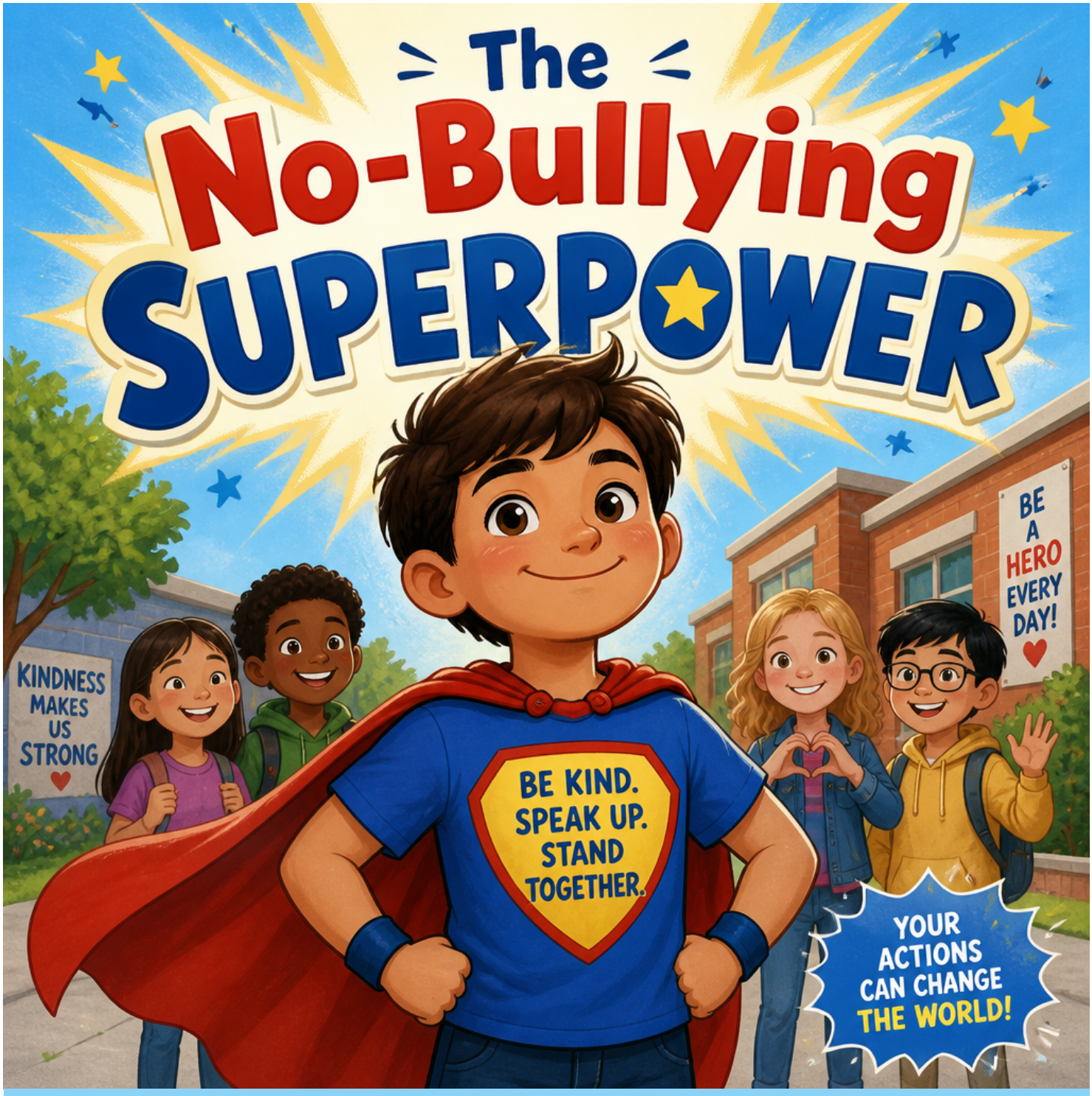



# The Super - Kid's Guide to Kindness

MercyforMarthas.com

# What is Bullying?

Sometimes I say mean things to other kids or push them around.

I call this **name-calling**.




I laugh at them.



I leave them out on purpose.



When I do these things, I am **bullying**.

**BULLYING IS NEVER OKAY.**

Bullying **hurts** other people's feelings.

It makes them **sad**, **scared**, or **angry**.



# Bullying is Never OK

- Saying mean words




- Leaving kids out on purpose



- Laughing to be mean




- Taking someone's things



- Pushing or hitting



**Bullying is mean.**
**I don't want to be a bully.**

# How Does Bullying Feel to Other People?



When I bully someone, they feel bad inside.





They might feel:

Sad and lonely



Scared to come to school




Like nobody likes them



Angry at me



Like they did something wrong (but they didn't)




I don't like when other people make me feel bad.

**Other kids don't like it either.**



# What Happens When I Bully?

## When I bully:




Other kids don't want to be my friend.




Adults get upset with me.




I get in trouble at school.




The other person gets hurt.




I feel bad inside later (even if I don't show it).

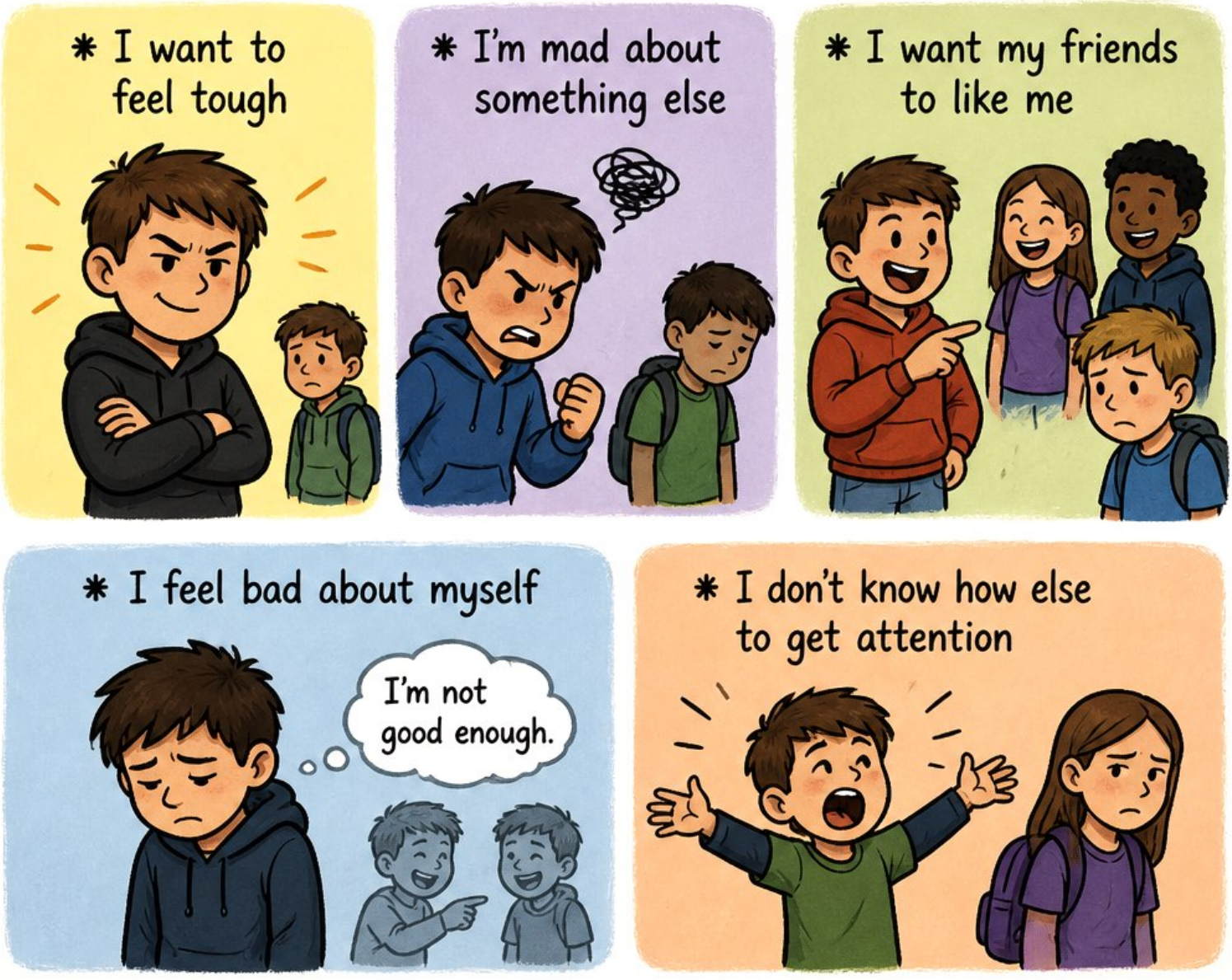



People don't trust me.

❤ My choices matter. I can choose kindness.

# Why Do I Bully?

## Sometimes I bully because:



# What I Can Do Instead

## When I feel like bullying, I can:



✓ Walk away and do something else



✓ Tell an adult how I'm really feeling



✓ Play with kids who are kind



✓ Take deep breaths when I'm angry



✓ Remember how it feels when someone is mean to me



✓ Say something nice to someone instead




✓ Ask for help if I'm having a hard time



**Super heroes help, not hurt.**
**When I feel like bullying,**
**I can remember that**
**Kindness is my super-power!**

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BULLYING
is not the way.
Kindness
makes you
stronger,
not weaker.
Choose
kindness.
Build
others up.
Protect
others.
That's what
SUPERHEROES do.

# Remember the GOLDEN RULE:

## Treat others the way you want to be treated




I want people to be kind to me, so I need to be kind to others.

# What Real Strength Looks Like

1 Standing up for someone who's being bullied




2 Saying sorry when I hurt someone




3 Being kind even when it's hard




4 Asking for help




5 Choosing to be a good friend



6 Telling an adult when I see bullying




## Real strength is NOT pushing people around.





**Real strength means lifting others up not pushing them down.**

# My Plan

**1.** **Notice when I want to bully.**
I'll stop and think:
"Is this kind?"




**2.** **Tell an adult.**
I'll say, "I'm feeling angry" instead of being mean.




**3.** **Remember the Golden Rule:**
Treat others the way you want to be treated.




**4.** **Be kind to one person each day.**
I'll say something nice or include someone.



**5.** **Say sorry.**
If I bully someone, I will tell them I'm sorry and mean it.




**6.** **Remember: Other kids have feelings just like I do.**
If I'm kind to them, they'll want to be my friend.




The Best Part
When I stop bullying and start being kind:
* Kids actually like me more
* I feel better about myself
* I have real friends
* I'm not in trouble
GOOD CHOICES GOOD DAY!
* I sleep better at night
* Adults are proud of me
GREAT JOB!


I CAN DO THIS.
I CAN BE KIND.
KINDNESS IS MY SUPERPOWER.
I HELP OTHERS.
I SHARE.
I INCLUDE EVERYONE.
WHEN I AM GOOD AND KIND, EVERYONE IS HAPPY, ESPECIALLY ME.

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