

Buddies Are Better than Bullies



Suggested Activities to Accompany the song Proud Like A Mountain.

- 1) Encourage a policy of zero-tolerance for bullying behavior.
- 2) Have a poster competition where students draw pictures with slogans to be colored and mounted around the school. Students could surf to the excellent web site www.bullying.org for artwork and stories by other students.
- 3) Put up posters that describe examples of bullying and offer anonymous methods for reporting incidents. Older grade students could brainstorm the content of these posters.
- 4) Consider training a team of upper grade student Peacemakers, peer conflict resolution specialists who help their fellow students work through challenges in a peaceful, respectful manner.
- 5) Have upper grade classes matched with lower grades, so that height efficient kids have a big buddy for reading, attending assemblies, school field trips, etc.
- 6) Have a discussion with Grade 5/6 students about why someone becomes a bully. For background, see the web site: <http://ericps.crc.uiuc.edu/ece/pubs/digests/1997/banks97.html>.
- 7) With your class, list strategies on a file card, that can be carried by the student in their backpack.
- 8) After discussing examples of the vicious cycle of verbal, psychological, as well as physical bullying, have students:
 - a) draw a picture (with caption)
 - b) write a poem
 - c) write a story and
 - d) reflect in journals, about bullying.

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