

# Bully to Buddy

**Time needed:** 30 minutes

**Recommended Level:** Grades PK-4

**Categories:** Awareness, Definition

**Common Core Standard (s):** ELA: Reading informational text, Writing, Art

**Purpose:** Students will develop an awareness of bullying characteristics

## **DISCUSSION:**

Discuss with students common characteristics that bullies possess.

Ask students to think about their own interactions with others and determine if any of these characteristic apply to them.

Discuss how to change these negative interactions to positive ones.

## **ACTIVITY:**

Provide students with two blank sheets of paper.

On the first sheet, students should draw their impression of a bully. Surrounding their picture, they should list words/phrases that they believe describe a bully. For example, puts other down, pushes people etc.

On the second sheet of paper, they should draw their impression of an individual who is not a bully and list words/phrases that describe them. For example, friendly, encourages others, takes turns etc.

Compare and contrast the two pictures to help students develop an awareness of how to develop the positive characteristics.

## **FOLLOW-UP:**

Post the pictures around the room to serve as a visual reminder of positive interactions.



Helping Everyone with Anti-Bullying,  
Respect & Tolerance

*Duplication and distribution of this lesson plan is permitted and encouraged.*

*For more information about HEART, please visit [www.cypressevansville.org](http://www.cypressevansville.org)*