

Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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Celebrate Martin Luther King, Jr. Day Peace on the Playground

Bullying makes playgrounds, schools and even neighborhoods feel unsafe for some children. This week, in honor of Martin Luther King's message of peace, *Kid Scoop* looks at ways children can help themselves and others be safe on the playground.

Find the Bully

You can't tell a bully by his or her looks. You can tell who is a bully by the way he or she acts. Here are some of the things a bully might do:

- Hit, kick or push to hurt people.
- Call others bad names, tease or scare people.
- Say mean things about someone.
- Grab someone else's stuff.
- Leave a kid out of a game on purpose.
- Threaten another kid.

What else have you seen bullies do?

Standards Link: Health: Make decisions about feelings and safety issues that support mental and emotional health.



Eric Kevin Stacy Miguel Abby

Bully Clues:

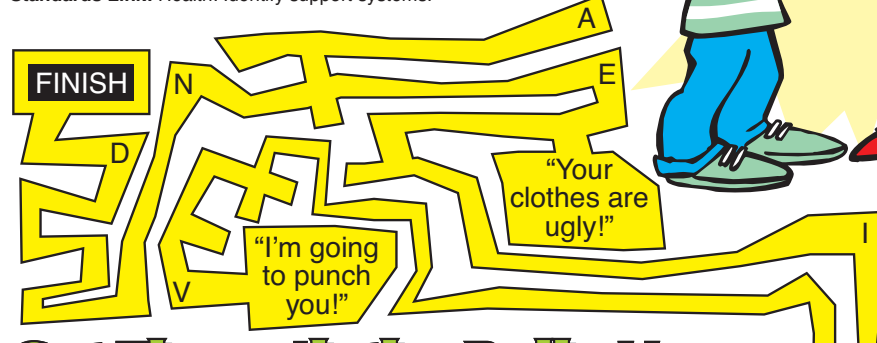
The bully is not wearing a hat. The bully isn't wearing a striped shirt. The bully is not wearing glasses. Which kid is the bully?

Standards Link: Reading Comprehension: Follow written directions.

A World of Bullies

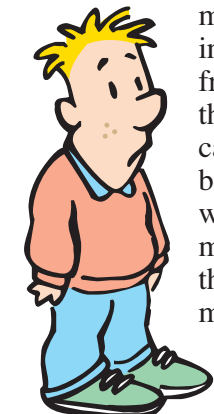
Bullying is a problem in schools all around the world. Kid Scoop found information from anti-bullying programs in Scotland, Australia and Canada as well as the United States.

Standards Link: Health: Identify support systems.



Get Through the Bully Maze

Many, many children are bullied everyday. These children can feel lost in a maze made up of bad feelings – sad, stressed, embarrassed, nervous, depressed, helpless. These feelings can make it hard to do well in school and to make friends. Experts say that there is something that can help a child who has been bullied. To find out what that is, complete the maze. The letters along the correct path of the maze spell the answer!



Standards Link: Health: Identify ways to seek assistance if concerned, threatened or abused.

Action Plan

Bullying hurts. It hurts a lot. Bullying can make kids feel sick. It can make them not want to go to school. And no one likes to watch other kids getting picked on. No one likes a bully.

Stan is the shortest boy in the fourth grade. Greg, the tallest boy, picks on him every day. Abby and Eric are tired of watching this. What could Stan do or say? What could Eric do or say? What could Abby do or say? What does everyone want Greg to do?

Who Can Help You?

Make a list of people you can talk to if you are being bullied. Cut the list out and keep it with you.

Extra! Extra!

Anti-Bully Armor

When you feel good about yourself, you're less likely to be hurt by what others say. Take a little time to build up your anti-bully armor. What is anti-bully armor? Feeling good about yourself! Look through the newspaper for words and pictures that show something that is good about you. Glue these onto a sheet of paper titled: **What's good about ME!** Post it where you can see it everyday.

Standards Link: Health: Develop and use effective coping strategies.

How to Deal with Bullies

- ▶ **Pretend not to hear.** Instead listen to your own ~~thoughts~~ and tell yourself, "That's their problem, not ~~mine~~" and "I'm OK just the way I am."
- ▶ **Find a safe ~~place~~ to talk to.** Make a list of people you could talk to about being bullied or about ~~what~~ you have seen others being bullied.
- ▶ **Be a buddy.** Kids who are alone are more likely to be bullied. Make a plan to walk with a ~~friend~~ wherever you think you might meet a bully.
- ▶ **Don't bully back.** Getting angry and ~~bullying~~ back sometimes is just what the bully wants. It's dangerous too, because someone could get hurt.

A bully scribbled over some of the words in our list of tips! Find the missing word or words in each tip.

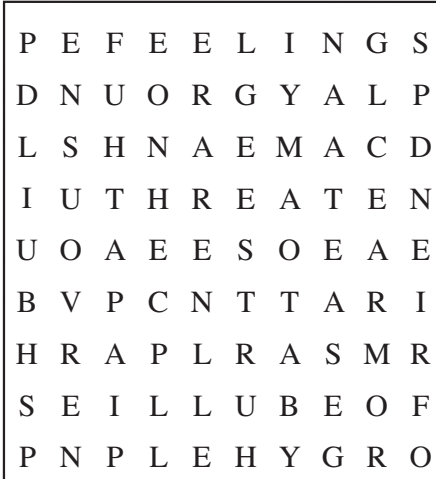


Standards Link: Health: Develop protective factors that help foster resiliency.

Double Double Word Search

PLAYGROUND PEACE BULLIES HURTS NERVOUS THREATEN HELP BUILD FRIEND TEASE ARMOR GAME FEELINGS PATH MEAN

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.



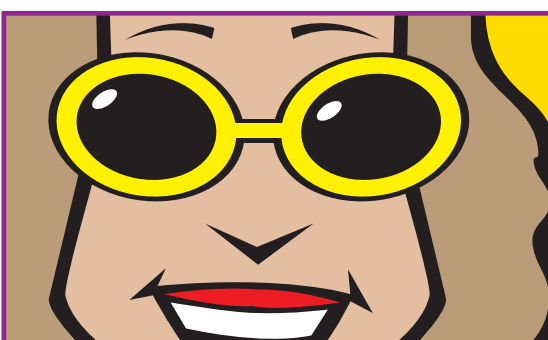
Standards Link: Letter sequencing. Recognizing identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Bullies in the News

Look through the newspaper for an article that portrays a person or a group of people who are hurting other people. Could this also be called bullying? Identify who in the article you think is the bully and who is being bullied.

Standards Link: Health: Recognize and respond appropriately to situations involving destructive behaviors.



Why did the teacher wear sunglasses?

ANSWER: Because her class was so bright!

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