

# **NATIONAL PHILOPTOCHOS SOCIETY COMMUNITY EDUCATIONAL INITIATIVES**

## **Stop Bullying in Your Community**

### **Powerpoint Resources**

#### Learning Activities

These activities and posters are intended for use with the PowerPoint presentation above. Choose the activities that work best with your group. Each activity listed below is linked to a downloadable document.

## **Table of Contents**

### **A. ACTIVITIES/POSTER/DISCUSSION**

1. Balloon Game - use with Slide #15; work on the activity individually, then have young people share their thoughts to promote discussion
2. Bullying Word Scramble Activity & Answer Sheet - use with Slide #3
3. Take a Compliment Tear-Offs - use with Slide #5; have young people work in groups to come up with compliments that will help a peer who has been bullied; share and discuss
4. You Matter to Me Tear-Offs - use with Slide #6; have young people work in groups to come up with compliments that will help a peer who has been bullied; share and discuss
5. Cyberbullying - THIS IS A KEY ACTIVITY as Cyberbullying is extremely prevalent among young people; use with Slides #8-12; start by printing form and having young people fill in the boxes, then follow with group discussion

### **B. BE A BUDDY NOT A BULLY**

1. Help Stop Bullying - use with Slide #4; follow with group discussion to review ways to stand up to a bully
2. Words Wound - use with Slide #9; work in pairs and brainstorm ways that words can be hurtful or helpful; follow with sharing and group discussion
3. Fight Bullying - use with Slide #13; group discussion - collaborate on best ways to Fight Bullying

### **C. ARTS & CRAFTS**

1. Create a T-Shirt - use with Slide #7; young people design their own Anti-Bullying slogans and share their T-Shirt designs; if desired, young people can print their T-Shirts and wear them to a subsequent meeting
2. Message Bead Bracelet - use with Slide #15; share Anti-Bullying designs and slogans with the group; take photos of designs and display on bulletin board

### **D. ICE BREAKERS**

1. Toothpaste Tube - use with Slide #2; ask a volunteer to write the group's comments on a chalkboard or poster following the activity; discuss how the words someone uses do make a difference
2. Crinkled Heart - a good activity to sum up the program
3. Crumpled Paper Wounded Heart - a good activity to sum up the program; have young people write about a time they were wounded by someone's hurtful words and then share with group

### **E. PLEDGES**

1. I Take the Pledge (middle school)
2. Anti-Bullying Pledge (high school)

### **F. POSTERS**

1. Anti-Bullying Pledge - post and use with Slide #26

2. Stand Up to Bullying - post and use with Slide #16; ask young people to brainstorm and write assertive phrases they can use to stop bullies; discuss which assertive phrases would be most effective to stop a bully
3. Stop Cyber Bullying - post and use with Slides #10, 11, 12; have the group share their experiences with cyberbullying
4. Team Up Handprint - use activity with Slide #23, discuss and post; discuss how peer pressure can help or hurt others

**G. QUOTES-** Use and discuss throughout the program; post on bulletin board; also can be used as a Journaling Activity at the start or end of a meeting; ask students for their response to each quotation; break into small groups to discuss the quotes that impact them most; or have young people select and write the quotes that are most insightful

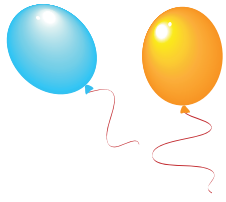
1. Bullying Prevention Quotes 1
2. Bullying Prevention Quotes 2
3. Bullying Prevention Quotes 3
4. Bullying Prevention Quotes 4
5. Bullying Prevention Quotes 5
6. Bullying Prevention Quotes 6
7. Collection of Quotes on Bullying
8. Quotes for a Positive Life – Excerpts from the late Andy Rooney, who was on the CBS Show 60 Minutes

**H. WORD GAMES-** For fun as reinforcing activities

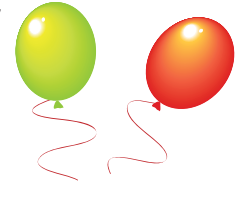
1. Bully Prevention Bingo
  - i. Rules
  - ii. Caller's Cards
  - iii. Players' Cards
2. Kindness Bingo
  - i. Rules
  - ii. Caller's Cards
  - iii. Players' Cards
3. Crossword Puzzle - use with Slide #25
  - i. Puzzle
  - ii. Hints
  - iii. Answers
4. Word Search 1 - use with Slide #21; work individually, with partners, or in groups
5. Word Search 2 - use with Slide #18; work individually, with partners, or in groups
6. Word Search 3 - use with Slide #22; work individually, with partners, or in groups

**I. WRITING**

1. Thinking About Feelings - use with Slide #14
2. Ways to Stop a Bully - use with Slide #20
3. Stop a Bully – Gain a Friend - use with Slide #17
4. Write About a Time You Stopped a Bully - use with Slide #27

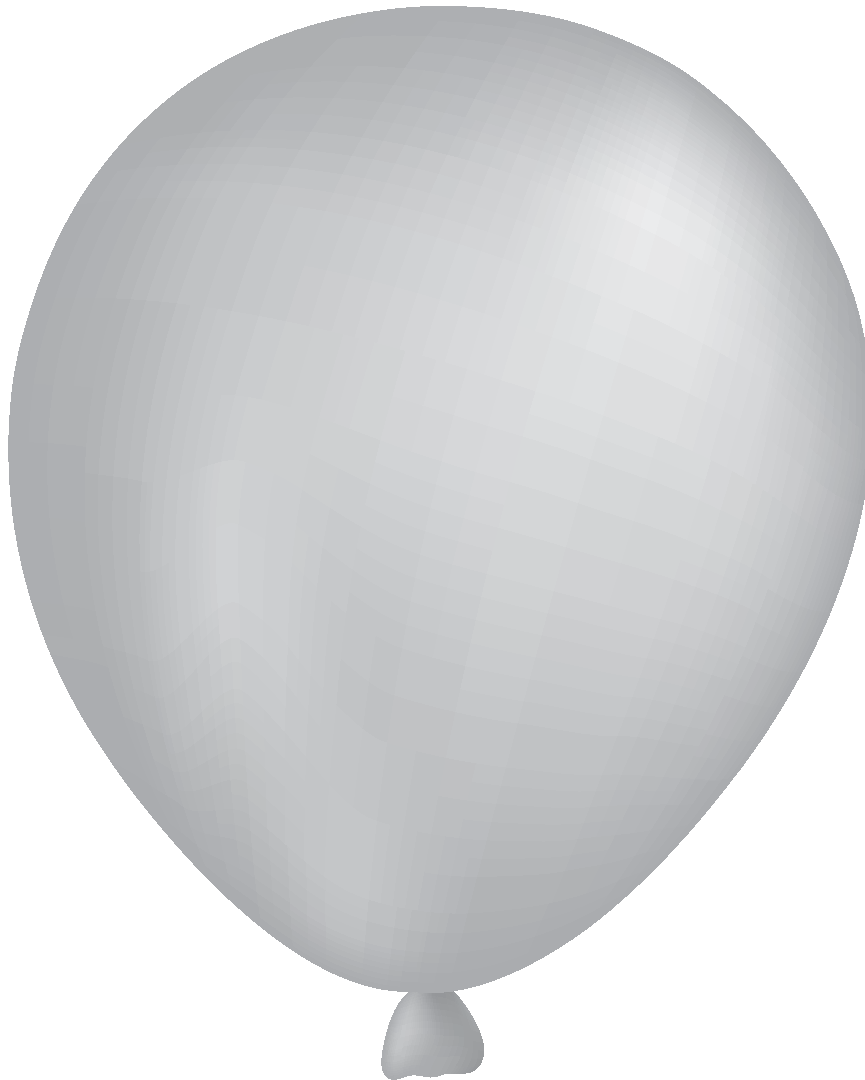


# **LIFT EACH OTHER UP!**



Words are important.  
They can either lift up or deflate a person.

Write a compliment on the balloon below about the person to your right and give it to them. This can be varied. Depending on time constraints, you could have participants write a compliment about each person at the table. You can use these balloon compliments to decorate a bulletin board.



## Bullying Word Scramble

Answer the statements below by unscrambling the words at bottom.

To reject, exclude, spread rumors, or turn friends against someone.

---

Doing mean things to another person on purpose.

---

Hurtful messages or personal images sent by cell phone or via Internet.

---

When power is imbalanced.

---

Pushing, hitting, kicking acts.

---

Yelling, taunting, insulting others.

---

To bully more than once.

---

HSIPCLAY

BEIEDLARET

LRUBBYCEYL

LENUQAU WOPRE

EATOLRINLA

TAREPEDE

REYBLVLA



# BULLY WORD SCRAMBLE ANSWERS

**HSIPCLAY - PHYSICAL**

**BEIEDLARET - DELIBERATE**

**LRUBBYCEYL - CYBERBULLY**

**LENUQAU WOPRE – UNEQUAL POWER**

**EATOLRINLA - RELATIONAL**

**TAREPEDE - REPEATED**

**REYBLVLA - VERBALLY**

# ***TAKE A COMPLIMENT***

*Write 8 compliments.*

*Keep them for yourself or give it to someone who needs them.*



--	--	--	--	--	--	--	--

# ***YOU MATTER TO ME***

*WRITE 8 GREAT THINGS ABOUT SOMEONE.*

*HAVE THEM TAKE A REMINDER WHEN THEY  
NEED TO BE REMINDED HOW GREAT THEY ARE.*



--	--	--	--	--	--	--	--



# **CYBERBULLYING**

**Fill In Boxes With Information Located On Slides 8-12**

***Define Cyberbullying***

***What Are Some Visible Effects  
Of Cyberbullying?***



***List Ways To Prevent  
Cyberbullying***

***Have You Had An  
Experience With Cyberbullying?  
Give An Example***

# ***BE A BUDDY NOT A BULLY!***

Write a sentence starting with each letter using the anti-bullying information which has been discussed.

**H** \_\_\_\_\_

**E** \_\_\_\_\_

**L** \_\_\_\_\_

**P** \_\_\_\_\_

**S** \_\_\_\_\_

**T** \_\_\_\_\_

**O** \_\_\_\_\_

**P** \_\_\_\_\_

**B** \_\_\_\_\_

**U** \_\_\_\_\_

**L** \_\_\_\_\_

**L** \_\_\_\_\_

**Y** \_\_\_\_\_

**I** \_\_\_\_\_

**N** \_\_\_\_\_

**G** \_\_\_\_\_



# ***BE A BUDDY NOT A BULLY!***

Write a sentence starting with each letter using the anti-bullying information which has been discussed.

**W**

**O**

**R**

**D**

**S**

**W**

**O**

**U**

**N**

**D**



# ***BE A BUDDY NOT A BULLY!***

Write a sentence starting with each letter using the anti-bullying information which has been discussed.

**F**

---

**I**

---

**G**

---

**H**

---

**T**

---

**B**

---

**U**

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**L**

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**L**

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**Y**

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**I**

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**N**

---

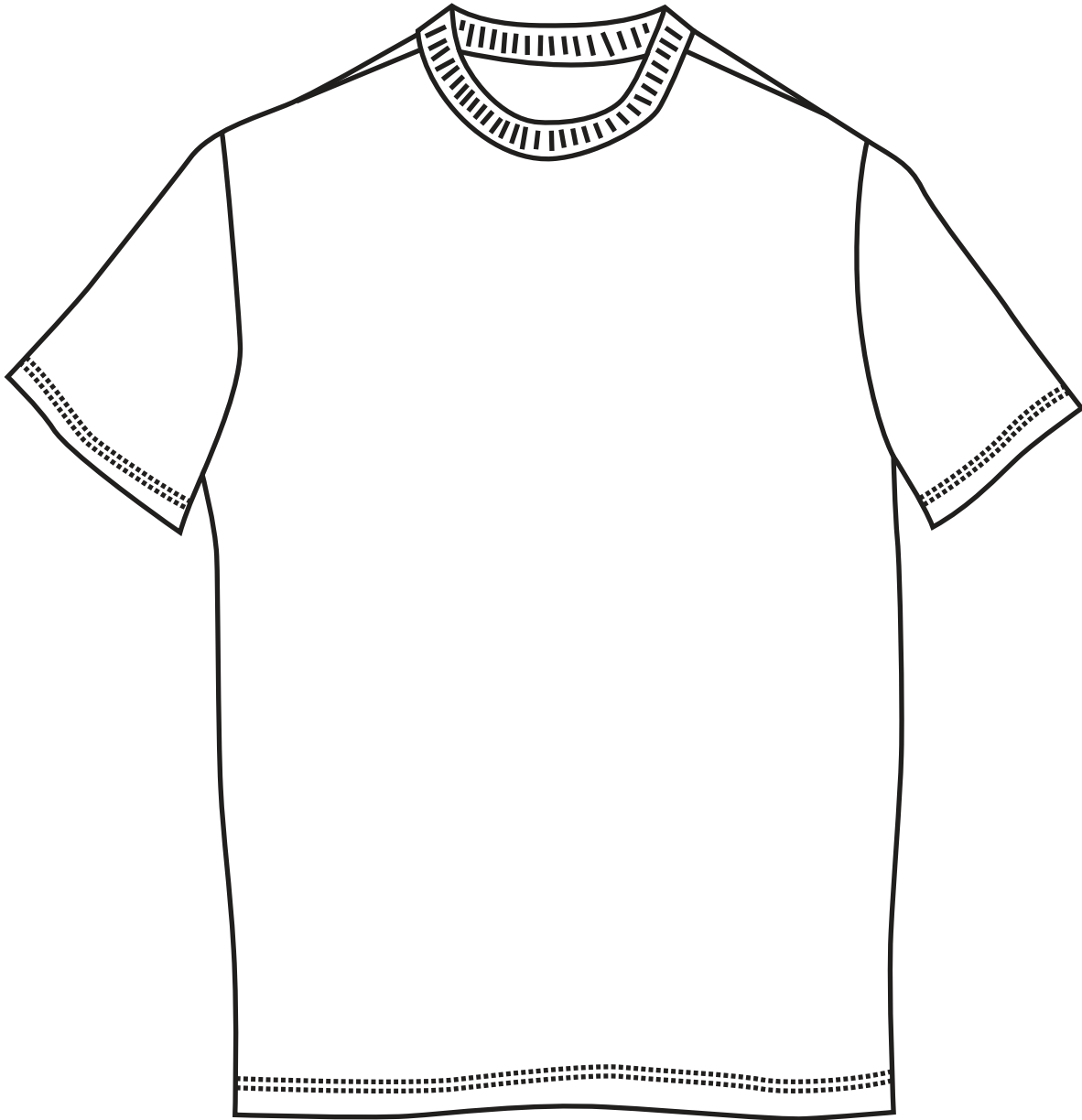
**G**

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## ***CREATE A T-SHIRT DESIGN***

Based on the information on Anti-Bullying you have received, create a slogan for a t-shirt.



## ***Make a Message Bracelet***



**Here is a fun and easy way to make a Message Bracelet with your Anti-Bullying Message.**

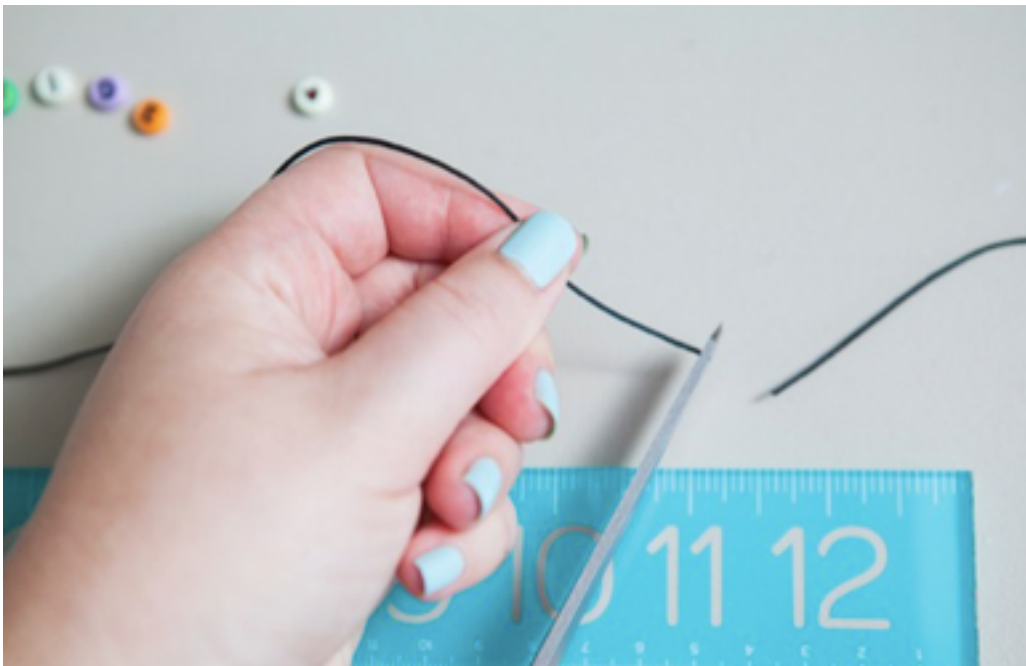
**SUPPLIES: Alphabet Beads, 1MM Wax Cord, Scissors, Felt**



**Plan out your sayings and lay the beads out on the felt so they won't roll around.**



**Cut your wax cord to about 12" – shorter or longer depending on your wrist size.**



**Start by adding the back 'clasp' bead with a simple double knot towards the end of your cord.**



**Then off to the side of the middle of the cord, tie another knot – this will hold your saying in place.**

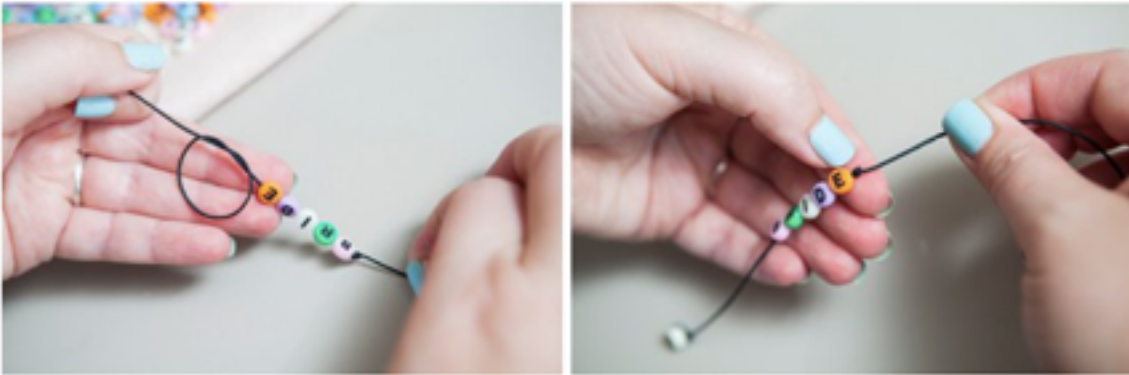


**Add your alphabet saying...**





**..and tie another knot to secure**



**To create the bracelet 'clasp', make a loop and then tie a knot.**



**Trim the excess off your last knot. The loop actually grabs onto the end bead to hold your bracelet in place.**



**And there you have it.**

**A fun and easy way to make a Message Bracelet.**



## ***Bullying Ice Breaker Activity – Toothpaste Tube***

**Never allow anyone to squeeze the happiness out of you!**

**You will need a large tube of toothpaste and a paper plate.**

**Ask each person in the group to give an example of hurtful words or actions.**

**As each example is given, squirt out some toothpaste onto the plate.**

**Then have all in the group share positive experiences and comments and ways to help others feel better.**

**Then have each person in the group take turns putting toothpaste back into the tube.**

**Observe that the toothpaste, once out of the tube cannot be put back. Just like hurtful words and actions, which can never be taken back or forgotten.**



## ***Bullying Ice Breaker Activity - Crinkled Heart***

**A powerful visual that hurtful words can never be erased.**

**Pass out a paper heart.**

**Ask people in the group for examples of hurtful things that people say or do.**

**As each example is given, crinkle the paper heart.**

**Then have all in the group share positive experiences or ways that people can help other feel good.**

**Then unfold the paper heart and try to flatten and straighten the crinkled heart.**

**Observe that the wrinkles, crinkles and folds, like hurtful words and actions, can never be erased or removed from the paper.**

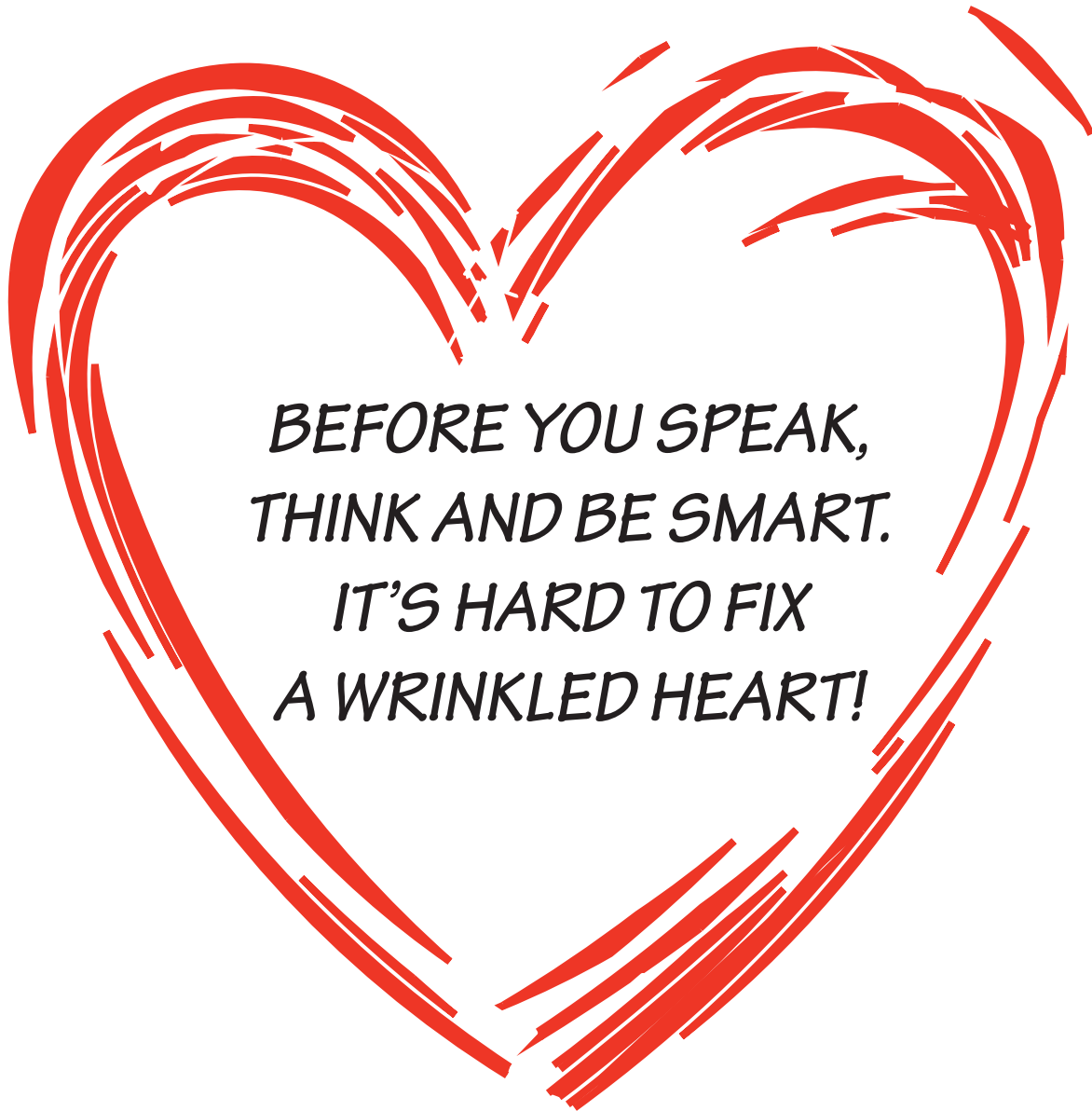


# **CRUMPLED PAPER • WOUNDED HEART**

**Choose your words wisely! Words can hurt!**

**Directions: Wrinkle paper and then try to remove wrinkles.**

**You can't smooth out the paper. Wrinkles stand for  
Mean Hurtful Words which can never be removed.**



# TAKE THE ANTI-BULLYING PLEDGE

I, \_\_\_\_\_  
sign your name here

**AM AGAINST BULLYING!  
AND I WILL BE SURE TO:**

**SPEAK UP**  
**when I see bullying**

**REACH OUT**  
**to those I see who are being bullied**

**BE A FRIEND**  
**whenever I see bullying happen**





## Anti-Bullying Pledge

**By signing this Anti-Bullying Pledge, I agree to:**

1. Consider the diversity of others and treat everyone with respect.
2. Never become involved in bullying incidents, cyberbullying or be a bully.
3. Be aware of & respect harassment policies with regard to bullying.
4. Report honestly and immediately all incidents of bullying or cyberbullying to the person in charge.
5. Always be alert in secluded places such as bathrooms, corridors, stairwells and parking garages.
6. Support others who have been or who are being subjected to bullying behaviors.
7. Speak up about any concerns or probable issues regarding bullying.
8. Work with others at church, school or work to help them effectively deal with bullying.
9. Encourage those in charge to discuss bullying issues with others at church, at school and at work.
10. Be a good role model for younger children and support them if bullying occurs.
11. Include others who have been excluded at church, school or work.
12. Do not respond to or forward negative comments about others on Facebook, Instagram, Snapchat, through the Internet or via Text.
13. Block the senders of bullying comments from Facebook, Instagram, Snapchat, Text and all other Internet channels.

By signing this Pledge, I further agree that if I see someone being bullied and that if I do not **Stop**  or **Report** the bullying, I am **Just** as guilty.

Name \_\_\_\_\_ Date \_\_\_\_\_





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Name \_\_\_\_\_ Date \_\_\_\_\_

# Stand Up to Bullying

## Assertive Phrases To Stop Bullies

- Friends don't treat each other that way.
- I need a friend who will treat me kindly.
- That's no way to treat a friend.
- Cut it out.
- Knock it off.
- Not cool.
- That was not funny.
- I can take a joke but what you said was not funny. It was mean.
- I like the way I look.
- That sounds like a rumor to me.
- Friends don't do that to friends.



# How to Stop CYBERBULLYING



**LOG OFF** the site where the bullying is happening.

**BLOCK**

**BLOCK EMAILS** or messages. Don't respond to them.



**SAVE THE MESSAGE** or Email and show to an adult.

**TALK  
IT OUT**

**TELL SOMEONE**  
you trust.



# TEAM UP HANDPRINT POSTER AND ACTIVITY

Dip Hand in Paint. Place handprint on paper.  
Write name on handprint when it is dry.  
Arrange handprints on Bulletin Board.



# BULLY QUOTES

*Adopting a new attitude might not change the World, but it could change your World!*

*You gain strength, courage & confidence by every experience in which you really stop to look fear in the face and do the thing you think you cannot do.*

*Eleanor Roosevelt*

**Always make yourself proud.**

**Peter Smith**

**You don't need to be the Best, but you need to give your Best!**

**Never delay looking for the right time.**

**Take action.**

**There is no better time than the present.**

**Don't go through things alone. It isn't a sign of weakness to ask for help.**

**Never be pessimistic about your future.  
Things will get better!**



# BULLY QUOTES

*You are unrepeatable. You have a magic about you that is all your own.*

*D.M Dellinger*

*Savor every moment rather than squander it in anticipation of dread for tomorrow.*

**Accept risks as a positive part of daily life.**

Walk always with good people.

The Dreamers  
The Courageous  
The Cheerful  
The Planners  
The Doers

The People that think nice and have their feet solidly on the ground.

**Remember, all Endings are also Beginnings. We just don't know it at the time.**

**Mitch Albom**

**Many know the right way.  
But few actually walk it.**

**Anonymous**

We all stumble. Each and every one of us.  
That's why it's a great comfort to go Hand in Hand.

E.K. Brough



# QUOTES OF KINDNESS

*People may forget what you said or what you did, but people will never forget how you made them feel.*

*Bonnie J. Wasmund*

*Acts of kindness encourage a wonderful feeling inside and your body responds with gratitude.*

Kindness  
is a  
Habit.

Constant kindness accomplishes much. Just as the Sun melts ice, Kindness evaporates mistrust, misunderstanding and hostility.

Live a  
life of  
kindness  
and your  
heart will  
soar!

**Each human being holds the opportunity to be kind.**

The best kind of being kind is when no one is looking.



# BULLY QUOTES

No one can make you feel inferior  
without your consent.

Eleanor Roosevelt

*Remember that you not only have  
the right to be an individual,  
you have an obligation to be one.*

*Eleanor Roosevelt*

**Bullying is a horrible  
thing. It sticks with  
you forever.  
It poisons you.  
But only if you let it.**

**Heather Brewer**

When people hurt you  
over and over, think of  
them like sandpaper; they  
may scratch and hurt you  
a bit, but in the end, you  
end up polished and they  
end up useless.

Chris Colfer

**Never do a wrong  
thing to make a  
friend...  
Or to keep one.**

**Robert E. Lee**

People who love themselves, don't hurt other people. The more  
we hate ourselves, the more we want others to suffer.

Dan Pearce

A bully is playing a game, one that he or she enjoys and  
needs. You're welcome to play this game if it makes you happy,  
but for most people, it will only make you miserable.

Seth Godin





# BULLY QUOTES

You will never reach higher ground if you are always pushing others down.

Jeffrey Benjamin

*Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life. Define yourself!*

*Harvey F. Firestone*

**The hardest challenge is to be yourself in a world where everyone is trying to make you be someone else.**

**E. E. Cummings**

**Bullying is for people who have no confidence at all. So everyone that's being bullied, please remember that the bullies are scared of you. You have something they don't, and that's what makes them bully you. Don't let their words affect you because they are the ones needing confidence, not you.**

**Anonymous**

**Remember that bullying never has to do with you. It's the bully that's insecure.**

**Shay Mitchell**

**You never realize how strong you are until being strong is the only choice you have.**

**Unknown**

**I would rather be a little nobody, than to be an evil somebody.**

**Abraham Lincoln**



# BULLY QUOTES

Not all forms of abuse leave bruises.

Danielle Steel

*No one heals himself by wounding another.*

*St. Ambrose*

**My pain may be  
the reason for  
somebody's laughter.  
But my laughter  
must never be  
the reason for  
somebody's pain.**

**Charlie Chaplin**

Some people won't be happy until they've pushed you to the ground. What you have to do is have the courage to stand your ground and not give them the time of day. Hold onto to your power and never give it away.

Donna Schoenrock

**One's dignity may  
be assaulted,  
vandalized and  
cruelly mocked,  
but it can never  
be taken away  
unless it is  
surrendered.**

**Michael J. Fox**

Cyberbullying is bullying. Hiding behind a pretty screen, doesn't make it less hateful, written words have power and can bring much hurt.

Anonymous

With ignorance comes fear, from fear comes bigotry.  
Education is the key to acceptance.

Kathleen Patel



# COLLECTION OF QUOTES ON BULLYING

“Every moment of your day is a chain of events. Act with more empathy, generosity, kindness, and thoughtfulness. Everyone will benefit.” Theresa Caputo

“When the debate is lost, slander becomes the tool of the loser.” Socrates

“Drop a stone into the water. In a moment it is gone. But there are a hundred ripples circling on and on. Say a word of cheer and splendor. In a moment it is gone, but there are hundreds of ripples circling on and on.” Anonymous

“Time is like a river. You cannot touch the same water twice, because the flow that has passed will never pass again. Enjoy every moment of your life.” Anonymous

“Even though there are days I wish I could change some things that happened in the past, there’s a reason the rear view mirror is so small and the windshield is so big. Where you are headed is much more important than what you’ve left behind.” Anonymous

“You’ll know you’ve made the right decision when there is peace in your heart. Listen to your own heart. There are only a few people in this world who will stay completely true to you and YOU should be one of them. Listen to your own voice and soul. Too many people listen to the noise of the world instead of themselves. Deep inside, you know what is right. Let no one decide that for you.” Anonymous

“If you don’t leave your past in the past, it will destroy your future. Live what today has to offer, not for what yesterday has taken away.” Anonymous

“Never settle for less than you deserve. And you deserve the best that life has to offer.” Anonymous

“The mind will not always remember exactly what happened, but the heart will always remember the feeling.” Anonymous

“Be an example. Show kindness to unkind people. Forgive people who don’t deserve it. Love unconditionally. Your actions always reflect who you are.” Anonymous

“The people in your life should be a source of reducing stress. Not causing more of it.” Anonymous

“Don’t pray to God for an easy life. Pray for the strength to be able to accept, handle and conquer anything that comes your way!” Anonymous

“You don’t need a reason to help people. You just need a caring heart.” Anonymous

“You can’t go anywhere when your tank is empty and you can’t help others if you don’t take care of yourself.” Anonymous

“Believe what your heart tells you, not what others say.” Anonymous

“Life is short. Do whatever makes you happy and be with the people that make your heart smile.” Anonymous

“Standing alone is better than being around people who don’t value you.” Anonymous

“Friends come and to like waves on the ocean. But the true ones stick like an octopus on your face.” Anonymous

“Today I am grateful for all the people that are loving and kind to me.” Anonymous

“Do good for others. It will come back to you in unexpected ways.” Anonymous

“Don’t panic. Everything is going to be alright. Trust God and let Him work.” Anonymous

“Never argue with a liar. You can’t win because they believe their own lies.” Anonymous

“When someone is mean, don’t listen. When someone is rude, walk away. When someone tries to put you down, stay firm. Don’t let someone’s bad behavior destroy your inner peace.” Anonymous

“A person can break your heart and damage your spirit, but never, ever give them the power to break your spirit.” Anonymous

“You may not understand today or tomorrow, but God will eventually reveal why you went through everything you did. Trust His plan.” Anonymous

“Your relationship with God is the most important relationship you can have.” Anonymous



## ***QUOTES FOR A POSITIVE LIFE***

**Excerpts from the late Andy Rooney, who used to be on the CBS Show 60 Minutes.**

I've learned...That just one person saying to me "You've made my day!" makes my day.

I've learned...That being kind is more important than being right.

I've learned...That I can always pray for someone when I don't have the strength to help them in any other way.

I've learned...That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned...That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned...That it's those small daily happenings that make life so spectacular.

I've learned...That under everyone's hard shell is someone who wants to be appreciated and loved.

I've learned...That when you plan to get even with someone, you are only letting that person continue to hurt you.

I've learned...That love, not time, heals all wounds.

I've learned...That the easiest way for me to grow as a person is to surround myself with people smarter & kinder than I am.

I've learned...That everyone you meet deserves to be greeted with a smile.

I've learned...That life is tough, but I am tougher.

I've learned...That when you harbor bitterness, happiness will dock elsewhere.

I've learned...That one should keep his words both soft and tender, because tomorrow he may eat them.

I've learned...That a smile is an inexpensive way to improve your looks.

I've learned...That when your newly born grandchild holds your little finger in his fist, you're hooked for life.

I've learned...That everyone wants to live on top of the mountain, but the happiness and growth occurs while you're climbing it.

I've learned...That the best classroom in the world is at the feet of an elderly wise person.



UP TO 30 PLAYERS CAN PLAY THE BINGO GAME.

PRINT OUT UP TO 30 CARDS.

PRINT OUT THE BINGO CALLER'S CARD. CUT UP THE WORDS ON THE BINGO CALLER'S CARD AND PUT THEM INTO A BOWL OR BOX FROM WHICH THE CALLER CAN DRAW THEM.

GIVE EACH PLAYERS 25 PENNIES OR COLORED PAPER SQUARES OR SOMETHING ELSE WITH WHICH THEY CAN COVER THE BINGO SQUARES AS WORDS ARE CALLED.

CONTINUE PLAYING UNTIL ONE PLAYER HAS COVERED A VERTICAL, HORIZONTAL, OR DIAGONAL PATTERN OF 5 GRID SPACES ON THEIR CARD. AS SOON A YOU HAVE MARKED 5 CONSECUTIVE SQUARES ON YOUR CARD, CALL OUT "BINGO".

THE FIRST PLAYER TO GET BINGO WINS THE GAME.



# Bingo Caller's Card

RESIST BULLIES	REPORT	NEVER GOSSIP	NEVER BULLY	STAND UP
DEFEND	VALIDATE	EMPATHY	DON'T REPEAT RUMORS	LEADER
ENCOURAGE	SELF-ESTEEM	PEER MEDIATION	INTERVENE	AWARENESS
PLEDGE	CONFIDENCE	REACT TO HELP	PROTECT THE VICTIM	ROLE MODEL
GOLDEN RULE	BE INCLUSIVE	IGNORE BULLIES	STOP CYBERBULLYING	

# BULLY PREVENTION BINGO

STAND UP	INTERVENE	REACT TO HELP	NEVER GOSSIP	PROTECT THE VICTIM
EMPATHY	ENCOURAGE	PEER MEDIATION	DON'T REPEAT RUMORS	BE INCLUSIVE
SELF-ESTEEM	GOLDEN RULE	<b>FREE SPACE</b>	PLEDGE	STOP CYBERBULLYING
NEVER BULLY	VALIDATE	IGNORE BULLIES	DEFEND	LEADER
RESIST BULLIES	ROLE MODEL	CONFIDENCE	AWARENESS	REPORT



# KINDNESS BINGO

SHOW COMPASSION	ALWAYS BE NICE	CREATE GOOD	BE CARING	INSPIRE OTHERS
BE WILLING TO HELP	HAVE PLEASANT THINGS TO SAY	SHOW HAPPINESS	NEVER REPEAT RUMORS OR LIE	BE A FAITHFUL FRIEND
SHOW LOVE TO OTHERS	SMILE OFTEN	<b>FREE SPACE</b>	BE COMPLIMENTARY	ALWAYS BE GENEROUS
VALUE OTHERS	BE SUPPORTIVE	BUILD OTHERS UP	ACCEPTANCE	BE UNDERSTANDING
BE INCLUSIVE	BE A BLESSING	DO THE RIGHT THING	RESPECT EVERYONE	SHOW PATIENCE

# KINDNESS BINGO

SHOW HAPPINESS	NEVER REPEAT RUMORS OR LIE	DO THE RIGHT THING	SHOW COMPASSION	BE SUPPORTIVE
BE WILLING TO HELP	BE COMPLIMENTARY	RESPECT EVERYONE	SHOW LOVE TO OTHERS	BE CARING
VALUE OTHERS	BE UNDERSTANDING	<b>FREE SPACE</b>	BE A BLESSING	BUILD OTHERS UP
ALWAYS BE GENEROUS	BE A FAITHFUL FRIEND	ALWAYS BE NICE	SMILE OFTEN	ACCEPTANCE
INSPIRE OTHERS	BE INCLUSIVE	CREATE GOOD	HAVE PLEASANT THINGS TO SAY	SHOW PATIENCE

# BULLY PREVENTION BINGO

REPORT	PLEDGE	ROLE MODEL	INTERVENE	NEVER BULLY
STAND UP	EMPATHY	ENCOURAGE	PEER MEDIATION	STOP CYBERBULLYING
CONFIDENCE	RESIST BULLIES	<b>FREE SPACE</b>	BE INCLUSIVE	GOLDEN RULE
REACT TO HELP	IGNORE BULLIES	SELF-ESTEEM	AWARENESS	VALIDATE
PROTECT THE VICTIM	NEVER GOSSIP	LEADER	DON'T REPEAT RUMORS	DEFEND

# BULLY PREVENTION BINGO

STOP CYBERBULLYING	NEVER GOSSIP	SELF-ESTEEM	DON'T REPEAT RUMORS	PEER MEDIATION
BE INCLUSIVE	PLEDGE	PROTECT THE VICTIM	VALIDATE	REPORT
ENCOURAGE	RESIST BULLIES	<b>FREE SPACE</b>	ROLE MODEL	DEFEND
INTERVENE	IGNORE BULLIES	EMPATHY	STAND UP	LEADER
REACT TO HELP	CONFIDENCE	NEVER BULLY	AWARENESS	GOLDEN RULE

# KINDNESS BINGO

CREATE GOOD	BE A FAITHFUL FRIEND	SMILE OFTEN	BE COMPLIMENTARY	ACCEPTANCE
SHOW HAPPINESS	BE SUPPORTIVE	NEVER REPEAT RUMORS OR LIE	SHOW PATIENCE	ALWAYS BE GENEROUS
ALWAYS BE NICE	VALUE OTHERS	<b>FREE SPACE</b>	BE WILLING TO HELP	BUILD OTHERS UP
BE CARING	BE A BLESSING	BE UNDERSTANDING	HAVE PLEASANT THINGS TO SAY	SHOW COMPASSION
BE INCLUSIVE	SHOW LOVE TO OTHERS	INSPIRE OTHERS	RESPECT EVERYONE	DO THE RIGHT THING

# BULLY PREVENTION BINGO

NEVER GOSSIP	CONFIDENCE	RESIST BULLIES	DEFEND	EMPATHY
ENCOURAGE	REACT TO HELP	PEER MEDIATION	ROLE MODEL	PLEDGE
AWARENESS	NEVER BULLY	<b>FREE SPACE</b>	PROTECT THE VICTIM	REPORT
IGNORE BULLIES	SELF-ESTEEM	STOP CYBERBULLYING	VALIDATE	LEADER
INTERVENE	DON'T REPEAT RUMORS	STAND UP	BE INCLUSIVE	GOLDEN RULE

# BULLY PREVENTION BINGO

VALIDATE	DEFEND	SELF-ESTEEM	PROTECT THE VICTIM	ROLE MODEL
GOLDEN RULE	REACT TO HELP	EMPATHY	NEVER BULLY	PLEDGE
ENCOURAGE	REPORT	<b>FREE SPACE</b>	LEADER	BE INCLUSIVE
NEVER GOSSIP	PEER MEDIATION	INTERVENE	AWARENESS	STOP CYBERBULLYING
IGNORE BULLIES	RESIST BULLIES	DON'T REPEAT RUMORS	CONFIDENCE	STAND UP

# BULLY PREVENTION BINGO

VALIDATE	RESIST BULLIES	IGNORE BULLIES	LEADER	AWARENESS
DEFEND	BE INCLUSIVE	STOP CYBERBULLYING	NEVER GOSSIP	DON'T REPEAT RUMORS
ROLE MODEL	REPORT	<b>FREE SPACE</b>	PLEDGE	ENCOURAGE
CONFIDENCE	STAND UP	EMPATHY	PROTECT THE VICTIM	NEVER BULLY
REACT TO HELP	INTERVENE	GOLDEN RULE	PEER MEDIATION	SELF-ESTEEM



# BULLY PREVENTION BINGO

IGNORE BULLIES	INTERVENE	PEER MEDIATION	BE INCLUSIVE	SELF-ESTEEM
NEVER GOSSIP	DON'T REPEAT RUMORS	EMPATHY	NEVER BULLY	RESIST BULLIES
REPORT	PLEDGE	<b>FREE SPACE</b>	VALIDATE	ENCOURAGE
REACT TO HELP	GOLDEN RULE	STAND UP	PROTECT THE VICTIM	DEFEND
LEADER	ROLE MODEL	CONFIDENCE	AWARENESS	STOP CYBERBULLYING

# BULLY PREVENTION BINGO

PROTECT THE VICTIM	STOP CYBERBULLYING	SELF-ESTEEM	CONFIDENCE	DEFEND
REACT TO HELP	GOLDEN RULE	ENCOURAGE	BE INCLUSIVE	AWARENESS
PEER MEDIATION	ROLE MODEL	<b>FREE SPACE</b>	INTERVENE	RESIST BULLIES
NEVER GOSSIP	VALIDATE	NEVER BULLY	STAND UP	DON'T REPEAT RUMORS
REPORT	LEADER	IGNORE BULLIES	EMPATHY	PLEDGE

# BULLY PREVENTION BINGO

CONFIDENCE	STAND UP	BE INCLUSIVE	RESIST BULLIES	EMPATHY
PLEDGE	IGNORE BULLIES	NEVER GOSSIP	ROLE MODEL	GOLDEN RULE
PEER MEDIATION	PROTECT THE VICTIM	<b>FREE SPACE</b>	VALIDATE	NEVER BULLY
REACT TO HELP	REPORT	SELF-ESTEEM	DEFEND	STOP CYBERBULLYING
AWARENESS	ENCOURAGE	DON'T REPEAT RUMORS	LEADER	INTERVENE

# BULLY PREVENTION BINGO

PLEDGE	GOLDEN RULE	REACT TO HELP	CONFIDENCE	ENCOURAGE
INTERVENE	PEER MEDIATION	LEADER	STAND UP	EMPATHY
NEVER BULLY	ROLE MODEL	<b>FREE SPACE</b>	BE INCLUSIVE	VALIDATE
NEVER GOSSIP	RESIST BULLIES	STOP CYBERBULLYING	IGNORE BULLIES	DEFEND
AWARENESS	REPORT	PROTECT THE VICTIM	DON'T REPEAT RUMORS	SELF-ESTEEM

# BULLY PREVENTION BINGO

ROLE MODEL	IGNORE BULLIES	DON'T REPEAT RUMORS	INTERVENE	PEER MEDIATION
DEFEND	EMPATHY	VALIDATE	PLEDGE	SELF-ESTEEM
RESIST BULLIES	REACT TO HELP	<b>FREE SPACE</b>	ENCOURAGE	GOLDEN RULE
AWARENESS	PROTECT THE VICTIM	BE INCLUSIVE	LEADER	CONFIDENCE
STOP CYBERBULLYING	NEVER BULLY	NEVER GOSSIP	STAND UP	REPORT

# BULLY PREVENTION BINGO

INTERVENE	DON'T REPEAT RUMORS	NEVER BULLY	PEER MEDIATION	DEFEND
ROLE MODEL	REPORT	LEADER	PLEDGE	ENCOURAGE
STAND UP	AWARENESS	<b>FREE SPACE</b>	REACT TO HELP	NEVER GOSSIP
PROTECT THE VICTIM	BE INCLUSIVE	STOP CYBERBULLYING	EMPATHY	SELF-ESTEEM
RESIST BULLIES	VALIDATE	IGNORE BULLIES	GOLDEN RULE	CONFIDENCE

# BULLY PREVENTION BINGO

NEVER GOSSIP	PLEDGE	EMPATHY	VALIDATE	DON'T REPEAT RUMORS
SELF-ESTEEM	CONFIDENCE	GOLDEN RULE	INTERVENE	IGNORE BULLIES
PEER MEDIATION	AWARENESS	<b>FREE SPACE</b>	LEADER	NEVER BULLY
REACT TO HELP	DEFEND	STAND UP	PROTECT THE VICTIM	REPORT
RESIST BULLIES	STOP CYBERBULLYING	BE INCLUSIVE	ROLE MODEL	ENCOURAGE

# BULLY PREVENTION BINGO

NEVER BULLY	CONFIDENCE	AWARENESS	DON'T REPEAT RUMORS	ROLE MODEL
PEER MEDIATION	RESIST BULLIES	PLEDGE	PROTECT THE VICTIM	REPORT
STOP CYBERBULLYING	NEVER GOSSIP	<b>FREE SPACE</b>	LEADER	INTERVENE
IGNORE BULLIES	SELF-ESTEEM	ENCOURAGE	GOLDEN RULE	EMPATHY
DEFEND	BE INCLUSIVE	REACT TO HELP	STAND UP	VALIDATE



# BULLY PREVENTION BINGO

ENCOURAGE	LEADER	INTERVENE	DEFEND	NEVER BULLY
IGNORE BULLIES	DON'T REPEAT RUMORS	PROTECT THE VICTIM	PEER MEDIATION	REPORT
RESIST BULLIES	VALIDATE	<b>FREE SPACE</b>	EMPATHY	SELF-ESTEEM
REACT TO HELP	GOLDEN RULE	BE INCLUSIVE	ROLE MODEL	AWARENESS
NEVER GOSSIP	STAND UP	PLEDGE	STOP CYBERBULLYING	CONFIDENCE

# BULLY PREVENTION BINGO

PEER MEDIATION	SELF-ESTEEM	ENCOURAGE	PLEDGE	AWARENESS
REACT TO HELP	PROTECT THE VICTIM	GOLDEN RULE	NEVER GOSSIP	CONFIDENCE
STAND UP	LEADER	<b>FREE SPACE</b>	NEVER BULLY	IGNORE BULLIES
ROLE MODEL	DEFEND	STOP CYBERBULLYING	VALIDATE	REPORT
BE INCLUSIVE	EMPATHY	DON'T REPEAT RUMORS	INTERVENE	RESIST BULLIES

# BULLY PREVENTION BINGO

SELF-ESTEEM	PROTECT THE VICTIM	GOLDEN RULE	PLEDGE	RESIST BULLIES
REPORT	NEVER GOSSIP	STOP CYBERBULLYING	BE INCLUSIVE	DON'T REPEAT RUMORS
DEFEND	EMPATHY	<b>FREE SPACE</b>	VALIDATE	INTERVENE
REACT TO HELP	ROLE MODEL	AWARENESS	PEER MEDIATION	NEVER BULLY
ENCOURAGE	CONFIDENCE	LEADER	STAND UP	IGNORE BULLIES

# BULLY PREVENTION BINGO

NEVER BULLY	AWARENESS	DON'T REPEAT RUMORS	INTERVENE	PROTECT THE VICTIM
NEVER GOSSIP	REACT TO HELP	CONFIDENCE	BE INCLUSIVE	ROLE MODEL
VALIDATE	IGNORE BULLIES	<b>FREE SPACE</b>	LEADER	RESIST BULLIES
STAND UP	DEFEND	PEER MEDIATION	SELF-ESTEEM	GOLDEN RULE
EMPATHY	STOP CYBERBULLYING	REPORT	PLEDGE	ENCOURAGE

# BULLY PREVENTION BINGO

LEADER	INTERVENE	AWARENESS	DEFEND	REACT TO HELP
SELF-ESTEEM	REPORT	VALIDATE	IGNORE BULLIES	ROLE MODEL
STOP CYBERBULLYING	NEVER BULLY	<b>FREE SPACE</b>	GOLDEN RULE	ENCOURAGE
PEER MEDIATION	STAND UP	PROTECT THE VICTIM	PLEDGE	DON'T REPEAT RUMORS
EMPATHY	BE INCLUSIVE	RESIST BULLIES	CONFIDENCE	NEVER GOSSIP

# BULLY PREVENTION BINGO

ENCOURAGE	STAND UP	REPORT	CONFIDENCE	PROTECT THE VICTIM
LEADER	PLEDGE	NEVER GOSSIP	STOP CYBERBULLYING	DON'T REPEAT RUMORS
GOLDEN RULE	PEER MEDIATION	<b>FREE SPACE</b>	IGNORE BULLIES	NEVER BULLY
REACT TO HELP	AWARENESS	DEFEND	INTERVENE	EMPATHY
RESIST BULLIES	SELF-ESTEEM	BE INCLUSIVE	ROLE MODEL	VALIDATE

# BULLY PREVENTION BINGO

PEER MEDIATION	REPORT	STOP CYBERBULLYING	DON'T REPEAT RUMORS	DEFEND
NEVER BULLY	IGNORE BULLIES	AWARENESS	INTERVENE	VALIDATE
LEADER	PLEDGE	<b>FREE SPACE</b>	CONFIDENCE	SELF-ESTEEM
ROLE MODEL	STAND UP	EMPATHY	RESIST BULLIES	GOLDEN RULE
PROTECT THE VICTIM	NEVER GOSSIP	BE INCLUSIVE	ENCOURAGE	REACT TO HELP

# BULLY PREVENTION BINGO

AWARENESS	GOLDEN RULE	INTERVENE	ROLE MODEL	ENCOURAGE
BE INCLUSIVE	NEVER BULLY	VALIDATE	SELF-ESTEEM	LEADER
DON'T REPEAT RUMORS	REACT TO HELP	<b>FREE SPACE</b>	DEFEND	NEVER GOSSIP
PROTECT THE VICTIM	REPORT	STAND UP	PEER MEDIATION	PLEDGE
RESIST BULLIES	IGNORE BULLIES	CONFIDENCE	EMPATHY	STOP CYBERBULLYING



# BULLY PREVENTION BINGO

VALIDATE	GOLDEN RULE	NEVER GOSSIP	PEER MEDIATION	STOP CYBERBULLYING
BE INCLUSIVE	SELF-ESTEEM	AWARENESS	DON'T REPEAT RUMORS	STAND UP
NEVER BULLY	REPORT	<b>FREE SPACE</b>	DEFEND	IGNORE BULLIES
RESIST BULLIES	PLEDGE	PROTECT THE VICTIM	INTERVENE	LEADER
CONFIDENCE	REACT TO HELP	ROLE MODEL	ENCOURAGE	EMPATHY

# BULLY PREVENTION BINGO

VALIDATE	LEADER	RESIST BULLIES	ENCOURAGE	REACT TO HELP
STOP CYBERBULLYING	STAND UP	SELF-ESTEEM	AWARENESS	REPORT
PLEDGE	ROLE MODEL	<b>FREE SPACE</b>	DEFEND	INTERVENE
IGNORE BULLIES	DON'T REPEAT RUMORS	CONFIDENCE	PEER MEDIATION	GOLDEN RULE
EMPATHY	NEVER BULLY	BE INCLUSIVE	PROTECT THE VICTIM	NEVER GOSSIP

# BULLY PREVENTION BINGO

LEADER	CONFIDENCE	STAND UP	AWARENESS	DON'T REPEAT RUMORS
GOLDEN RULE	BE INCLUSIVE	DEFEND	NEVER BULLY	PEER MEDIATION
IGNORE BULLIES	PLEDGE	<b>FREE SPACE</b>	STOP CYBERBULLYING	REPORT
ENCOURAGE	ROLE MODEL	SELF-ESTEEM	VALIDATE	EMPATHY
REACT TO HELP	PROTECT THE VICTIM	RESIST BULLIES	INTERVENE	NEVER GOSSIP

UP TO 30 PLAYERS CAN PLAY THE BINGO GAME.

PRINT OUT UP TO 30 CARDS.

PRINT OUT THE BINGO CALLER'S CARD. CUT UP THE WORDS ON THE BINGO CALLER'S CARD AND PUT THEM INTO A BOWL OR BOX FROM WHICH THE CALLER CAN DRAW THEM.

GIVE EACH PLAYERS 25 PENNIES OR COLORED PAPER SQUARES OR SOMETHING ELSE WITH WHICH THEY CAN COVER THE BINGO SQUARES AS WORDS ARE CALLED.

CONTINUE PLAYING UNTIL ONE PLAYER HAS COVERED A VERTICAL, HORIZONTAL, OR DIAGONAL PATTERN OF 5 GRID SPACES ON THEIR CARD. AS SOON A YOU HAVE MARKED 5 CONSECUTIVE SQUARES ON YOUR CARD, CALL OUT "BINGO".

THE FIRST PLAYER TO GET BINGO WINS THE GAME.



# Bingo Caller's Card

ACCEPTANCE	HAVE PLEASANT THINGS TO SAY	BE CARING	SHOW LOVE TO OTHERS	BE A BLESSING
SMILE OFTEN	BE SUPPORTIVE	INSPIRE OTHERS	NEVER REPEAT RUMORS OR LIE	VALUE OTHERS
SHOW COMPASSION	ALWAYS BE NICE	BE UNDERSTANDING	SHOW PATIENCE	BE WILLING TO HELP
RESPECT EVERYONE	BE INCLUSIVE	BE COMPLIMENTARY	ALWAYS BE GENEROUS	BE A FAITHFUL FRIEND
SHOW HAPPINESS	DO THE RIGHT THING	CREATE GOOD	BUILD OTHERS UP	

# KINDNESS BINGO

SHOW PATIENCE	BE UNDERSTANDING	NEVER REPEAT RUMORS OR LIE	CREATE GOOD	INSPIRE OTHERS
BE CARING	BE COMPLIMENTARY	DO THE RIGHT THING	BE A FAITHFUL FRIEND	ALWAYS BE GENEROUS
SHOW LOVE TO OTHERS	BE INCLUSIVE	<b>FREE SPACE</b>	HAVE PLEASANT THINGS TO SAY	SMILE OFTEN
BUILD OTHERS UP	VALUE OTHERS	BE SUPPORTIVE	BE A BLESSING	BE WILLING TO HELP
SHOW COMPASSION	SHOW HAPPINESS	ALWAYS BE NICE	ACCEPTANCE	RESPECT EVERYONE

# KINDNESS BINGO

SHOW COMPASSION	ALWAYS BE NICE	CREATE GOOD	BE CARING	INSPIRE OTHERS
BE WILLING TO HELP	HAVE PLEASANT THINGS TO SAY	SHOW HAPPINESS	NEVER REPEAT RUMORS OR LIE	BE A FAITHFUL FRIEND
SHOW LOVE TO OTHERS	SMILE OFTEN	<b>FREE SPACE</b>	BE COMPLIMENTARY	ALWAYS BE GENEROUS
VALUE OTHERS	BE SUPPORTIVE	BUILD OTHERS UP	ACCEPTANCE	BE UNDERSTANDING
BE INCLUSIVE	BE A BLESSING	DO THE RIGHT THING	RESPECT EVERYONE	SHOW PATIENCE

# KINDNESS BINGO

SHOW HAPPINESS	NEVER REPEAT RUMORS OR LIE	DO THE RIGHT THING	SHOW COMPASSION	BE SUPPORTIVE
BE WILLING TO HELP	BE COMPLIMENTARY	RESPECT EVERYONE	SHOW LOVE TO OTHERS	BE CARING
VALUE OTHERS	BE UNDERSTANDING	<b>FREE SPACE</b>	BE A BLESSING	BUILD OTHERS UP
ALWAYS BE GENEROUS	BE A FAITHFUL FRIEND	ALWAYS BE NICE	SMILE OFTEN	ACCEPTANCE
INSPIRE OTHERS	BE INCLUSIVE	CREATE GOOD	HAVE PLEASANT THINGS TO SAY	SHOW PATIENCE



# KINDNESS BINGO

RESPECT EVERYONE	HAVE PLEASANT THINGS TO SAY	SHOW HAPPINESS	BE UNDERSTANDING	BUILD OTHERS UP
SHOW PATIENCE	BE CARING	BE COMPLIMENTARY	DO THE RIGHT THING	SMILE OFTEN
ALWAYS BE NICE	SHOW COMPASSION	<b>FREE SPACE</b>	ALWAYS BE GENEROUS	BE INCLUSIVE
NEVER REPEAT RUMORS OR LIE	BE SUPPORTIVE	SHOW LOVE TO OTHERS	ACCEPTANCE	VALUE OTHERS
INSPIRE OTHERS	CREATE GOOD	BE WILLING TO HELP	BE A FAITHFUL FRIEND	BE A BLESSING

# KINDNESS BINGO

SMILE OFTEN	CREATE GOOD	SHOW LOVE TO OTHERS	BE A FAITHFUL FRIEND	DO THE RIGHT THING
ALWAYS BE GENEROUS	HAVE PLEASANT THINGS TO SAY	INSPIRE OTHERS	VALUE OTHERS	RESPECT EVERYONE
BE COMPLIMENTARY	SHOW COMPASSION	<b>FREE SPACE</b>	SHOW HAPPINESS	BE A BLESSING
BE UNDERSTANDING	BE SUPPORTIVE	BE CARING	SHOW PATIENCE	BE WILLING TO HELP
NEVER REPEAT RUMORS OR LIE	ALWAYS BE NICE	BUILD OTHERS UP	ACCEPTANCE	BE INCLUSIVE

# KINDNESS BINGO

CREATE GOOD	BE A FAITHFUL FRIEND	SMILE OFTEN	BE COMPLIMENTARY	ACCEPTANCE
SHOW HAPPINESS	BE SUPPORTIVE	NEVER REPEAT RUMORS OR LIE	SHOW PATIENCE	ALWAYS BE GENEROUS
ALWAYS BE NICE	VALUE OTHERS	<b>FREE SPACE</b>	BE WILLING TO HELP	BUILD OTHERS UP
BE CARING	BE A BLESSING	BE UNDERSTANDING	HAVE PLEASANT THINGS TO SAY	SHOW COMPASSION
BE INCLUSIVE	SHOW LOVE TO OTHERS	INSPIRE OTHERS	RESPECT EVERYONE	DO THE RIGHT THING

# KINDNESS BINGO

CREATE GOOD	ALWAYS BE NICE	SHOW COMPASSION	BE A BLESSING	BE CARING
BE COMPLIMENTARY	NEVER REPEAT RUMORS OR LIE	DO THE RIGHT THING	SHOW HAPPINESS	HAVE PLEASANT THINGS TO SAY
ACCEPTANCE	BUILD OTHERS UP	<b>FREE SPACE</b>	INSPIRE OTHERS	RESPECT EVERYONE
BE SUPPORTIVE	SHOW LOVE TO OTHERS	SMILE OFTEN	VALUE OTHERS	BE WILLING TO HELP
BE UNDERSTANDING	BE A FAITHFUL FRIEND	SHOW PATIENCE	ALWAYS BE GENEROUS	BE INCLUSIVE

# KINDNESS BINGO

VALUE OTHERS	BE A BLESSING	SHOW LOVE TO OTHERS	INSPIRE OTHERS	SHOW HAPPINESS
BE INCLUSIVE	NEVER REPEAT RUMORS OR LIE	BE CARING	BUILD OTHERS UP	HAVE PLEASANT THINGS TO SAY
BE COMPLIMENTARY	RESPECT EVERYONE	<b>FREE SPACE</b>	BE WILLING TO HELP	ALWAYS BE GENEROUS
CREATE GOOD	DO THE RIGHT THING	BE UNDERSTANDING	ACCEPTANCE	SMILE OFTEN
BE SUPPORTIVE	SHOW COMPASSION	BE A FAITHFUL FRIEND	ALWAYS BE NICE	SHOW PATIENCE

# KINDNESS BINGO

VALUE OTHERS	SHOW COMPASSION	BE SUPPORTIVE	BE WILLING TO HELP	ACCEPTANCE
BE A BLESSING	ALWAYS BE GENEROUS	SMILE OFTEN	CREATE GOOD	BE A FAITHFUL FRIEND
SHOW HAPPINESS	RESPECT EVERYONE	<b>FREE SPACE</b>	HAVE PLEASANT THINGS TO SAY	BE COMPLIMENTARY
ALWAYS BE NICE	SHOW PATIENCE	BE CARING	INSPIRE OTHERS	BUILD OTHERS UP
NEVER REPEAT RUMORS OR LIE	BE UNDERSTANDING	BE INCLUSIVE	DO THE RIGHT THING	SHOW LOVE TO OTHERS

# KINDNESS BINGO

BE SUPPORTIVE	BE UNDERSTANDING	DO THE RIGHT THING	ALWAYS BE GENEROUS	SHOW LOVE TO OTHERS
CREATE GOOD	BE A FAITHFUL FRIEND	BE CARING	BUILD OTHERS UP	SHOW COMPASSION
RESPECT EVERYONE	HAVE PLEASANT THINGS TO SAY	<b>FREE SPACE</b>	VALUE OTHERS	BE COMPLIMENTARY
NEVER REPEAT RUMORS OR LIE	BE INCLUSIVE	SHOW PATIENCE	INSPIRE OTHERS	BE A BLESSING
BE WILLING TO HELP	SHOW HAPPINESS	ALWAYS BE NICE	ACCEPTANCE	SMILE OFTEN

# KINDNESS BINGO

INSPIRE OTHERS	SMILE OFTEN	SHOW LOVE TO OTHERS	ALWAYS BE NICE	BE A BLESSING
NEVER REPEAT RUMORS OR LIE	BE INCLUSIVE	BE COMPLIMENTARY	ALWAYS BE GENEROUS	ACCEPTANCE
DO THE RIGHT THING	SHOW HAPPINESS	<b>FREE SPACE</b>	BE UNDERSTANDING	SHOW COMPASSION
CREATE GOOD	VALUE OTHERS	BUILD OTHERS UP	SHOW PATIENCE	BE A FAITHFUL FRIEND
RESPECT EVERYONE	BE WILLING TO HELP	BE SUPPORTIVE	BE CARING	HAVE PLEASANT THINGS TO SAY



# KINDNESS BINGO

ALWAYS BE NICE	SHOW PATIENCE	ALWAYS BE GENEROUS	SHOW COMPASSION	BE CARING
HAVE PLEASANT THINGS TO SAY	BE SUPPORTIVE	CREATE GOOD	SHOW HAPPINESS	BE INCLUSIVE
DO THE RIGHT THING	INSPIRE OTHERS	<b>FREE SPACE</b>	VALUE OTHERS	BUILD OTHERS UP
NEVER REPEAT RUMORS OR LIE	RESPECT EVERYONE	SHOW LOVE TO OTHERS	BE A BLESSING	SMILE OFTEN
ACCEPTANCE	BE COMPLIMENTARY	BE A FAITHFUL FRIEND	BE WILLING TO HELP	BE UNDERSTANDING

# KINDNESS BINGO

HAVE PLEASANT THINGS TO SAY	BE INCLUSIVE	NEVER REPEAT RUMORS OR LIE	ALWAYS BE NICE	BE COMPLIMENTARY
BE UNDERSTANDING	DO THE RIGHT THING	BE WILLING TO HELP	SHOW PATIENCE	BE CARING
BUILD OTHERS UP	SHOW HAPPINESS	<b>FREE SPACE</b>	ALWAYS BE GENEROUS	VALUE OTHERS
CREATE GOOD	SHOW COMPASSION	SMILE OFTEN	BE SUPPORTIVE	BE A BLESSING
ACCEPTANCE	RESPECT EVERYONE	INSPIRE OTHERS	BE A FAITHFUL FRIEND	SHOW LOVE TO OTHERS

# KINDNESS BINGO

SHOW HAPPINESS	BE SUPPORTIVE	BE A FAITHFUL FRIEND	BE UNDERSTANDING	DO THE RIGHT THING
BE A BLESSING	BE CARING	VALUE OTHERS	HAVE PLEASANT THINGS TO SAY	SHOW LOVE TO OTHERS
SHOW COMPASSION	NEVER REPEAT RUMORS OR LIE	<b>FREE SPACE</b>	BE COMPLIMENTARY	BE INCLUSIVE
ACCEPTANCE	INSPIRE OTHERS	ALWAYS BE GENEROUS	BE WILLING TO HELP	ALWAYS BE NICE
SMILE OFTEN	BUILD OTHERS UP	CREATE GOOD	SHOW PATIENCE	RESPECT EVERYONE

# KINDNESS BINGO

BE UNDERSTANDING	BE A FAITHFUL FRIEND	BUILD OTHERS UP	DO THE RIGHT THING	BE A BLESSING
SHOW HAPPINESS	RESPECT EVERYONE	BE WILLING TO HELP	HAVE PLEASANT THINGS TO SAY	BE COMPLIMENTARY
SHOW PATIENCE	ACCEPTANCE	<b>FREE SPACE</b>	NEVER REPEAT RUMORS OR LIE	CREATE GOOD
INSPIRE OTHERS	ALWAYS BE GENEROUS	SMILE OFTEN	BE CARING	SHOW LOVE TO OTHERS
SHOW COMPASSION	VALUE OTHERS	BE SUPPORTIVE	BE INCLUSIVE	ALWAYS BE NICE

# KINDNESS BINGO

BE INCLUSIVE	BE SUPPORTIVE	CREATE GOOD	NEVER REPEAT RUMORS OR LIE	ALWAYS BE NICE
RESPECT EVERYONE	SMILE OFTEN	DO THE RIGHT THING	BE CARING	ALWAYS BE GENEROUS
HAVE PLEASANT THINGS TO SAY	BE A FAITHFUL FRIEND	<b>FREE SPACE</b>	SHOW LOVE TO OTHERS	SHOW HAPPINESS
BE WILLING TO HELP	SHOW COMPASSION	VALUE OTHERS	BE COMPLIMENTARY	ACCEPTANCE
SHOW PATIENCE	BE A BLESSING	INSPIRE OTHERS	BUILD OTHERS UP	BE UNDERSTANDING

# KINDNESS BINGO

HAVE PLEASANT THINGS TO SAY	BUILD OTHERS UP	ALWAYS BE GENEROUS	VALUE OTHERS	BE COMPLIMENTARY
SMILE OFTEN	SHOW PATIENCE	SHOW HAPPINESS	DO THE RIGHT THING	RESPECT EVERYONE
INSPIRE OTHERS	ACCEPTANCE	<b>FREE SPACE</b>	CREATE GOOD	BE UNDERSTANDING
NEVER REPEAT RUMORS OR LIE	SHOW COMPASSION	BE WILLING TO HELP	BE SUPPORTIVE	SHOW LOVE TO OTHERS
BE A FAITHFUL FRIEND	BE INCLUSIVE	ALWAYS BE NICE	BE CARING	BE A BLESSING

# KINDNESS BINGO

CREATE GOOD	HAVE PLEASANT THINGS TO SAY	BE CARING	VALUE OTHERS	BE A FAITHFUL FRIEND
SHOW LOVE TO OTHERS	ALWAYS BE NICE	BE INCLUSIVE	BE UNDERSTANDING	BE SUPPORTIVE
DO THE RIGHT THING	ACCEPTANCE	<b>FREE SPACE</b>	BE WILLING TO HELP	BUILD OTHERS UP
NEVER REPEAT RUMORS OR LIE	BE A BLESSING	SHOW PATIENCE	INSPIRE OTHERS	RESPECT EVERYONE
SHOW COMPASSION	SMILE OFTEN	ALWAYS BE GENEROUS	SHOW HAPPINESS	BE COMPLIMENTARY

# KINDNESS BINGO

BUILD OTHERS UP	ALWAYS BE NICE	ACCEPTANCE	BE A FAITHFUL FRIEND	SHOW HAPPINESS
DO THE RIGHT THING	SHOW COMPASSION	HAVE PLEASANT THINGS TO SAY	INSPIRE OTHERS	RESPECT EVERYONE
SMILE OFTEN	CREATE GOOD	<b>FREE SPACE</b>	BE WILLING TO HELP	BE UNDERSTANDING
BE SUPPORTIVE	SHOW LOVE TO OTHERS	BE COMPLIMENTARY	BE INCLUSIVE	BE CARING
BE A BLESSING	ALWAYS BE GENEROUS	NEVER REPEAT RUMORS OR LIE	SHOW PATIENCE	VALUE OTHERS



# KINDNESS BINGO

BE COMPLIMENTARY	BE WILLING TO HELP	BE UNDERSTANDING	BE A BLESSING	BUILD OTHERS UP
BE SUPPORTIVE	BE A FAITHFUL FRIEND	INSPIRE OTHERS	DO THE RIGHT THING	RESPECT EVERYONE
SHOW COMPASSION	VALUE OTHERS	<b>FREE SPACE</b>	BE CARING	SHOW LOVE TO OTHERS
NEVER REPEAT RUMORS OR LIE	BE INCLUSIVE	ALWAYS BE GENEROUS	SHOW HAPPINESS	ACCEPTANCE
CREATE GOOD	SHOW PATIENCE	HAVE PLEASANT THINGS TO SAY	SMILE OFTEN	ALWAYS BE NICE

# KINDNESS BINGO

DO THE RIGHT THING	SHOW LOVE TO OTHERS	BE COMPLIMENTARY	HAVE PLEASANT THINGS TO SAY	ACCEPTANCE
NEVER REPEAT RUMORS OR LIE	INSPIRE OTHERS	BE INCLUSIVE	CREATE GOOD	ALWAYS BE NICE
SHOW PATIENCE	BE WILLING TO HELP	<b>FREE SPACE</b>	BUILD OTHERS UP	BE SUPPORTIVE
SHOW HAPPINESS	BE A BLESSING	SMILE OFTEN	VALUE OTHERS	RESPECT EVERYONE
ALWAYS BE GENEROUS	BE CARING	BE A FAITHFUL FRIEND	BE UNDERSTANDING	SHOW COMPASSION

# KINDNESS BINGO

SHOW LOVE TO OTHERS	INSPIRE OTHERS	BE INCLUSIVE	HAVE PLEASANT THINGS TO SAY	SHOW COMPASSION
RESPECT EVERYONE	CREATE GOOD	SMILE OFTEN	ALWAYS BE GENEROUS	BE A FAITHFUL FRIEND
BE A BLESSING	BE CARING	<b>FREE SPACE</b>	VALUE OTHERS	BE UNDERSTANDING
NEVER REPEAT RUMORS OR LIE	SHOW HAPPINESS	ACCEPTANCE	DO THE RIGHT THING	BUILD OTHERS UP
BE COMPLIMENTARY	ALWAYS BE NICE	BE WILLING TO HELP	SHOW PATIENCE	BE SUPPORTIVE

# KINDNESS BINGO

BUILD OTHERS UP	ACCEPTANCE	BE A FAITHFUL FRIEND	BE UNDERSTANDING	INSPIRE OTHERS
CREATE GOOD	NEVER REPEAT RUMORS OR LIE	ALWAYS BE NICE	ALWAYS BE GENEROUS	SHOW HAPPINESS
VALUE OTHERS	BE SUPPORTIVE	<b>FREE SPACE</b>	BE WILLING TO HELP	SHOW COMPASSION
SHOW PATIENCE	BE A BLESSING	DO THE RIGHT THING	SHOW LOVE TO OTHERS	BE INCLUSIVE
BE CARING	SMILE OFTEN	RESPECT EVERYONE	HAVE PLEASANT THINGS TO SAY	BE COMPLIMENTARY

# KINDNESS BINGO

BE WILLING TO HELP	BE UNDERSTANDING	ACCEPTANCE	BE A BLESSING	NEVER REPEAT RUMORS OR LIE
SHOW LOVE TO OTHERS	RESPECT EVERYONE	VALUE OTHERS	BE SUPPORTIVE	SHOW HAPPINESS
SMILE OFTEN	BUILD OTHERS UP	<b>FREE SPACE</b>	BE INCLUSIVE	BE COMPLIMENTARY
DO THE RIGHT THING	SHOW PATIENCE	INSPIRE OTHERS	HAVE PLEASANT THINGS TO SAY	BE A FAITHFUL FRIEND
BE CARING	ALWAYS BE GENEROUS	SHOW COMPASSION	ALWAYS BE NICE	CREATE GOOD

# KINDNESS BINGO

BE COMPLIMENTARY	SHOW PATIENCE	RESPECT EVERYONE	ALWAYS BE NICE	INSPIRE OTHERS
BE WILLING TO HELP	HAVE PLEASANT THINGS TO SAY	CREATE GOOD	SMILE OFTEN	BE A FAITHFUL FRIEND
BE INCLUSIVE	DO THE RIGHT THING	<b>FREE SPACE</b>	BE SUPPORTIVE	BUILD OTHERS UP
NEVER REPEAT RUMORS OR LIE	ACCEPTANCE	BE A BLESSING	BE UNDERSTANDING	BE CARING
SHOW COMPASSION	SHOW LOVE TO OTHERS	ALWAYS BE GENEROUS	SHOW HAPPINESS	VALUE OTHERS

# KINDNESS BINGO

DO THE RIGHT THING	RESPECT EVERYONE	SMILE OFTEN	BE A FAITHFUL FRIEND	BE A BLESSING
BUILD OTHERS UP	BE SUPPORTIVE	ACCEPTANCE	BE UNDERSTANDING	VALUE OTHERS
BE WILLING TO HELP	HAVE PLEASANT THINGS TO SAY	<b>FREE SPACE</b>	ALWAYS BE NICE	SHOW LOVE TO OTHERS
SHOW HAPPINESS	SHOW PATIENCE	BE CARING	SHOW COMPASSION	BE INCLUSIVE
INSPIRE OTHERS	CREATE GOOD	ALWAYS BE GENEROUS	BE COMPLIMENTARY	NEVER REPEAT RUMORS OR LIE

# KINDNESS BINGO

ACCEPTANCE	BE INCLUSIVE	BE UNDERSTANDING	SHOW HAPPINESS	BE COMPLIMENTARY
ALWAYS BE GENEROUS	BUILD OTHERS UP	VALUE OTHERS	SHOW LOVE TO OTHERS	BE WILLING TO HELP
BE A FAITHFUL FRIEND	NEVER REPEAT RUMORS OR LIE	<b>FREE SPACE</b>	BE A BLESSING	CREATE GOOD
INSPIRE OTHERS	RESPECT EVERYONE	SHOW PATIENCE	DO THE RIGHT THING	HAVE PLEASANT THINGS TO SAY
SHOW COMPASSION	BE SUPPORTIVE	ALWAYS BE NICE	BE CARING	SMILE OFTEN



# KINDNESS BINGO

VALUE OTHERS	BE INCLUSIVE	CREATE GOOD	DO THE RIGHT THING	SMILE OFTEN
ALWAYS BE GENEROUS	SHOW LOVE TO OTHERS	ACCEPTANCE	BE A FAITHFUL FRIEND	SHOW PATIENCE
BUILD OTHERS UP	RESPECT EVERYONE	<b>FREE SPACE</b>	BE A BLESSING	BE SUPPORTIVE
SHOW COMPASSION	HAVE PLEASANT THINGS TO SAY	INSPIRE OTHERS	BE UNDERSTANDING	BE WILLING TO HELP
ALWAYS BE NICE	NEVER REPEAT RUMORS OR LIE	SHOW HAPPINESS	BE COMPLIMENTARY	BE CARING

# KINDNESS BINGO

VALUE OTHERS	BE WILLING TO HELP	SHOW COMPASSION	BE COMPLIMENTARY	NEVER REPEAT RUMORS OR LIE
SMILE OFTEN	SHOW PATIENCE	SHOW LOVE TO OTHERS	ACCEPTANCE	RESPECT EVERYONE
HAVE PLEASANT THINGS TO SAY	SHOW HAPPINESS	<b>FREE SPACE</b>	BE A BLESSING	BE UNDERSTANDING
BE SUPPORTIVE	BE A FAITHFUL FRIEND	ALWAYS BE NICE	DO THE RIGHT THING	BE INCLUSIVE
BE CARING	BUILD OTHERS UP	ALWAYS BE GENEROUS	INSPIRE OTHERS	CREATE GOOD

# KINDNESS BINGO

BE WILLING TO HELP	ALWAYS BE NICE	SHOW PATIENCE	ACCEPTANCE	BE A FAITHFUL FRIEND
BE INCLUSIVE	ALWAYS BE GENEROUS	BE A BLESSING	BUILD OTHERS UP	DO THE RIGHT THING
BE SUPPORTIVE	HAVE PLEASANT THINGS TO SAY	<b>FREE SPACE</b>	SMILE OFTEN	RESPECT EVERYONE
BE COMPLIMENTARY	SHOW HAPPINESS	SHOW LOVE TO OTHERS	VALUE OTHERS	BE CARING
NEVER REPEAT RUMORS OR LIE	INSPIRE OTHERS	SHOW COMPASSION	BE UNDERSTANDING	CREATE GOOD

## BULLYING WORD SEARCH 1

P R E V E N T E N A B L E X D Z A J  
Y H U R T A E T E O Y I Y G X V H Z  
T D M X J C N C E X Q I L O P A P X  
F E P B D C V H M A P S D L H L A Z  
R E A C T E Y A P U O C U D H I N I  
L D C F L P H L A P P A C E S D G Z  
B I D H E T B L T L U R E N Y A E D  
R S V Q A A U E H E L E U R Y T R H  
R Y P U D N K N Y D A I E U D E E E  
S Y L U E C G G Q G R R F L N P U L  
D E Z J R E H E J E K R Y E D T C P  
I A G G R E S S I V E C A R E Q C X

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

ACCEPTANCE  
AGGRESSIVE  
ANGER  
CARE  
CHALLENGE  
CHANGE  
DEED

EMPATHY  
ENABLE  
ENVY  
GOLDEN RULE  
HELP  
HURT  
LEADER

PLEDGE  
POPULAR  
PREVENT  
REACT  
SCARE  
VALIDATE



## BULLYING WORD SEARCH 2

R D H U M I L I A T E W G M Y Y C M  
H U R E S I S T X B I A R R H D A C  
C T N X O M A B U S E C T E O K N O  
O S E L F E S T E E M C D J S C X N  
N O Y Z J A B U S E B E C E T O I F  
T L G A M D G D K D T P O C I P E I  
R R W V F I N S U L T T W T L E T D  
O N A Z Z M T V B T S A A I E V Y E  
L Y I N C L U S I O N N R O P G O N  
A W A R E N E S S I K C D N M F V C  
T Y D F P A J N I N T E R V E N E E  
V L L H A R A S S M E N T G E S R G

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

ABUSE  
ACCEPTANCE  
ANXIETY  
AWARENESS  
CONFIDENCE  
CONTROL

COPE  
COWARD  
HARASSMENT  
HOSTILE  
HUMILIATE  
INCLUSION  
INSULT

INTERVENE  
REJECTION  
RESIST  
SELF-ESTEEM



## BULLYING WORD SEARCH 3

K R S M O E X X B O V T L Y D A O F  
I I U J F R D M Y Z Z A U J E T R P  
N N P B F O T R S C E R T E F T E B  
D T P U E L Q T T O N G J A E A P B  
N I O L N E R H A U C E R L N C O J  
E M R L S M R R N R O T U O D K R B  
S I T Y I O U E D A U K P U O W T P  
S D U I V D M A E G R U S S H A G J  
Q A W N E E O T R E A J E Y A A W O  
U T O G P L R E E H G K T V S A Z T  
Z E S A F E S N G D E L K W A L U E  
H C E Y D A N G E R S A Y V I F J E

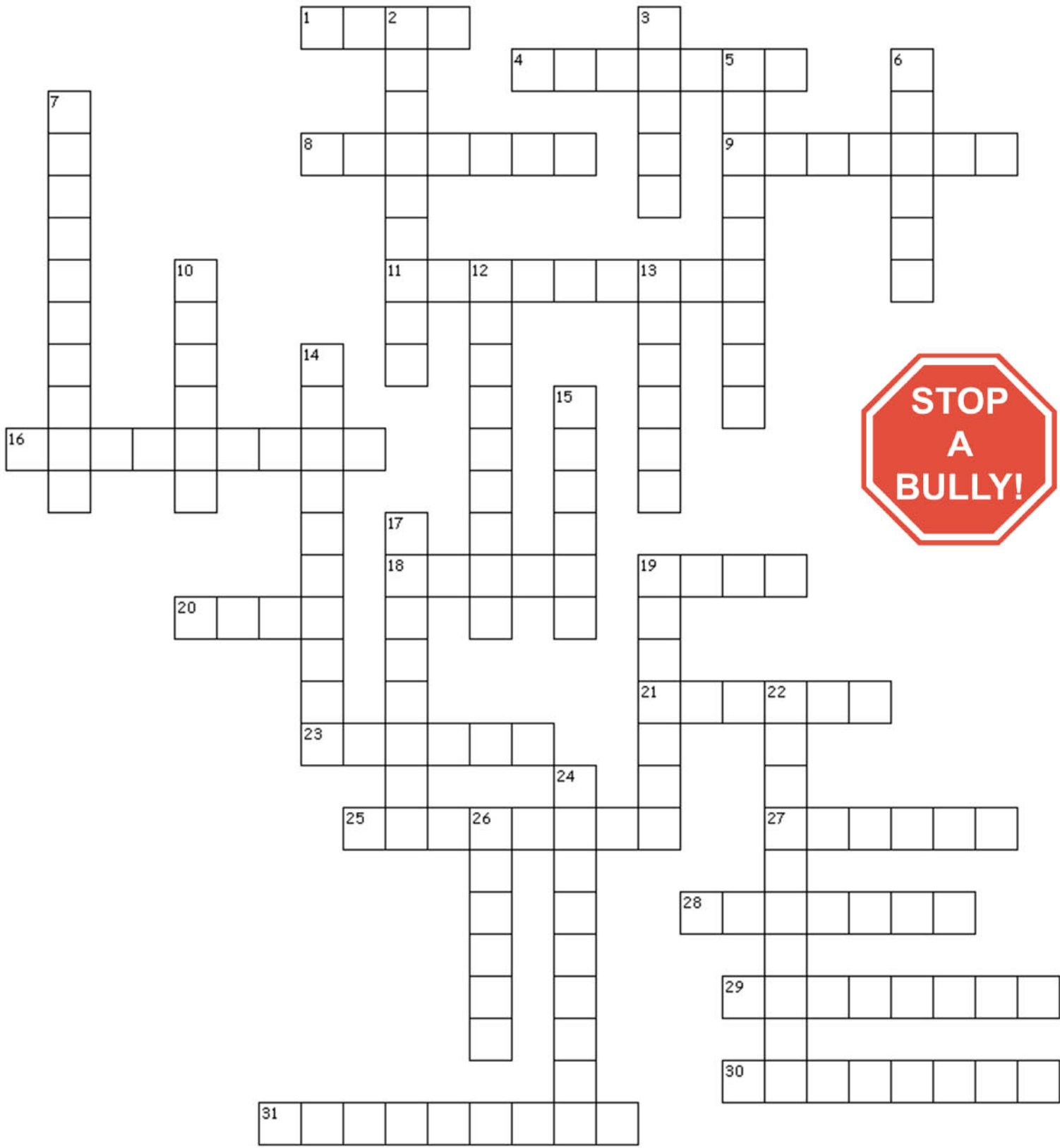
Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

REPORT  
JEALOUSY  
ENCOURAGE  
COURAGE  
DANGER  
DEFEND  
OFFENSIVE

HAZE  
ROLE MODEL  
THREATEN  
KINDNESS  
BYSTANDER  
ATTACK  
INTIMIDATE

RUMORS  
SAFE  
SUPPORT  
TARGET  
BULLYING  
UPSET





## Across

1. to cause physical pain or injury or mental anguish to someone
4. to be liked or accepted by many people
8. keep something from happening
9. a feeling of worry or unease
11. opposite of being excluded
16. come between so as to prevent or alter a result or course of events.
18. a strong feeling of annoyance, displeasure, or hostility
19. resentment or jealousy of another person
20. to deal with something difficult
21. to cause pain or injury to someone
23. allow or permit
25. resentment toward another person
27. dismiss as inadequate, inappropriate, or not to one's taste
28. unfriendly, antagonistic
29. to be warmhearted and considerate to others
30. a sensitivity to or intuitive understanding of
31. a person present in a situation but not involved

## Down

2. the act of refusing to accept
3. a person who uses strength or power to harm or intimidate those who are weaker
5. to be able to understand and share another person's feelings
6. a solemn promise
7. to subject someone to unnecessary cruelty
10. circulating gossip
12. a task or situation that tests someone's abilities
13. speak to or treat with disrespect
14. a feeling or belief that you do something well
15. a person who lacks the courage to do or endure dangerous or unpleasant things
17. to give assistance or show approval
19. the ability to understand and share the feelings of another
22. behaving in an angry or violent way towards someone
24. to cause someone to feel very hurt or insulted
26. a person holds the highest position and most control over others



## Across

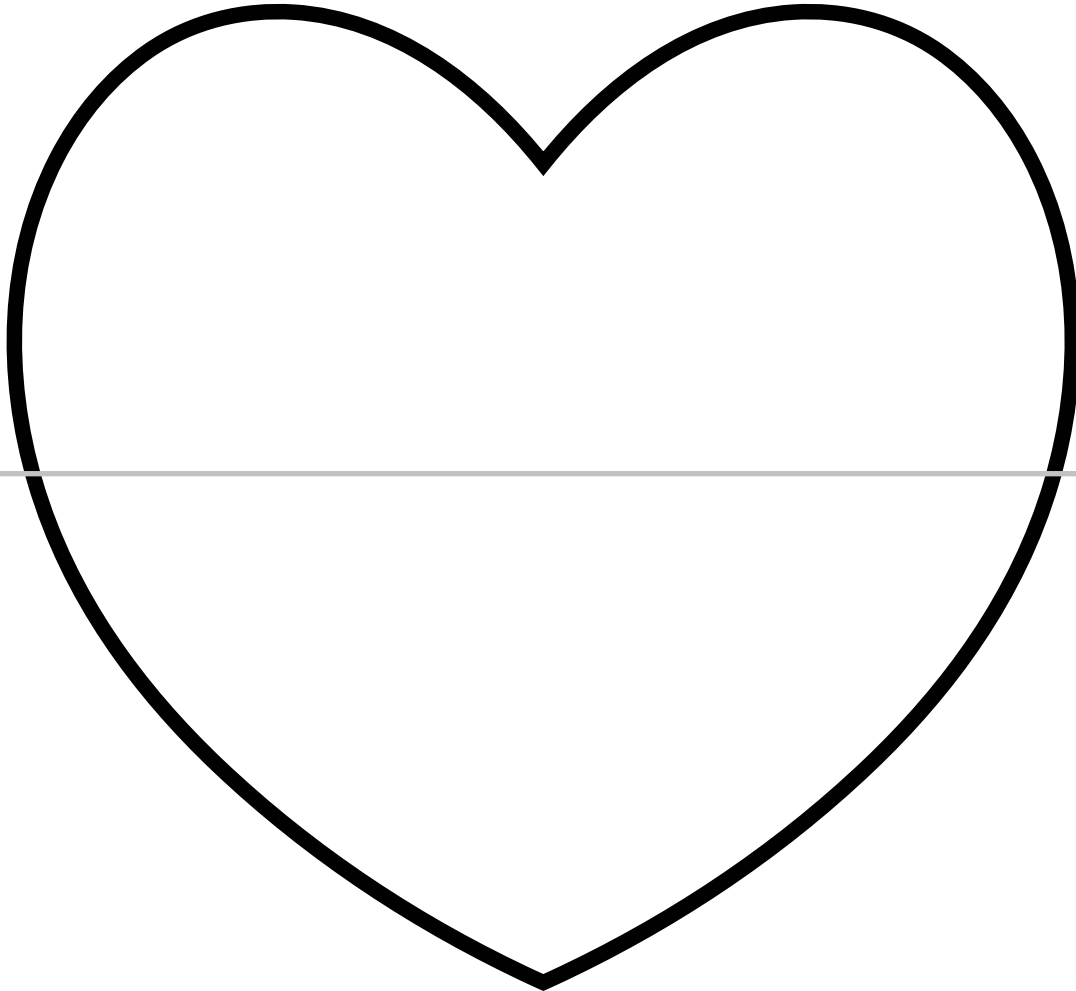
1. HURT
4. POPULAR
8. PREVENT
9. ANXIETY
11. INCLUSION
16. INTERVENE
18. ANGER
20. COPE
21. INJURY
23. ENABLE
25. JEALOUSY
27. REJECT
28. HOSTILE
29. KINDNESS
30. FEELINGS
31. BYSTANDER

## Down

2. REJECTION
3. BULLY
5. AWARENESS
6. PLEDGE
7. HARASSMENT
10. RUMORS
12. CHALLENGE
13. INSULT
14. CONFIDENCE
15. COWARD
17. VALIDATE
19. EMPATHY
22. AGGRESSIVE
24. HUMILIATE
26. LEADER

# ***THINKING ABOUT FEELINGS***

Everything you say & do can leave a lasting mark on someone's heart. Being bullied causes people to feel alone. Here is one way to show that someone cares. Write positive behaviors that make others feel good on the top half of the heart. The lower half of the heart is where you write negative behaviors that may be hurtful. This can include bullying behaviors, unkind comments, actions or things that might make bullying worse.



Remember that there are positive & negative behaviors that could have a positive or negative effect on friends, family and others.







