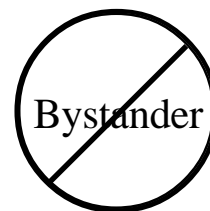


POWER STRUGGLES



STUDENT WORKBOOK

GRADES K - 5



Creating a Peaceful School

Letter to Teachers:

How to Use this Workbook

This book is designed to fit into an elementary curriculum by K-5 teachers. The exercises are designed to stimulate thinking and dialogue on issues of power that eventually will lead to disruption in the classroom. The intention is to start- as early as possible- to create awareness of bully-victim-bystander behavior at home and in the classroom-school.

Parents can be encouraged to help their children discuss the different roles described in the exercises. Teachers are encouraged to offer their own directions, use the exercises in response to classroom disruptions. When the class or one of its members displays one of the negative social roles, the class could stop and all do the exercise (older grades).

Home assignments can be given on a weekly basis, or daily as seen appropriate by the teacher. Perhaps, the front part of the exercise could be done as a class exercise and the back finished at home.

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Agawam, Mass

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BULLY



Social
Roles

featuring

GENTLE WARRIOR
Characters

VICTIM

BYSTANDER

SERIES ONE: SECTION ONE
THE PLAYERS IN POW
STRUGGLES

Dear Parents,

This workbook series is designed to help you and your child talk about behaviors at school that may become or are already problems. The social roles approach tries to:

- Not blame the child, but focus on the social role he/she is playing at school as undesirable parts in a play.
- Reach out to you as a parent to work with the teachers on turning the behavior to a more positive one.
- Stress the value of friendship, cooperation, compassion, helping others, trying hard, and standing up in non-aggressive ways for themselves.










The exercises in this series outline the desirable social role of Gentle Warrior. The undesirable roles are:

- Bully
- Victim
- Bystander

Help your child understand these roles. Read to and work with your child in learning about power struggles. Help them out with these worksheets. Thanks.

Parent Signature: _____

9 WAYS TO DEAL WITH A BULLY

-  **Ignore the bully and walk away**
-  **Get Someone to help**
-  **Talk to the bully**
-  **Agree with the bully**
-  **Make Friends with the bully**
-  **Trick the bully**
-  **Refuse to fight**
-  **Use your voice: Yell “BACK OFF!”**
-  **Make the bully laugh**

Name: _____

Date: _____

Parents:

This is what you want your daughter to be like. Reward this way of behaving at school and home. Talk to your daughter about the value of being a Gentle Warrior!

GENTLE WARRIOR

Color the circles all different colors after you read the words. Color Lena your favorite color.



Lena is a Gentle Warrior. She is polite, friendly, respects others, and sticks by her friends. She stands up for herself and helps her friends. She's no bystander.

Words that Describe a Friend

Think of your best friend and write down words that describe what you like about them.

Six hand-drawn, irregular oval shapes arranged in two columns of three. Each oval is drawn with a thick, dark, textured line, resembling a marker or crayon. The ovals are intended for students to write words describing their best friend.

A small, stylized signature or logo consisting of a few vertical lines and a curved stroke, located in the bottom right corner of the page.

Name: _____

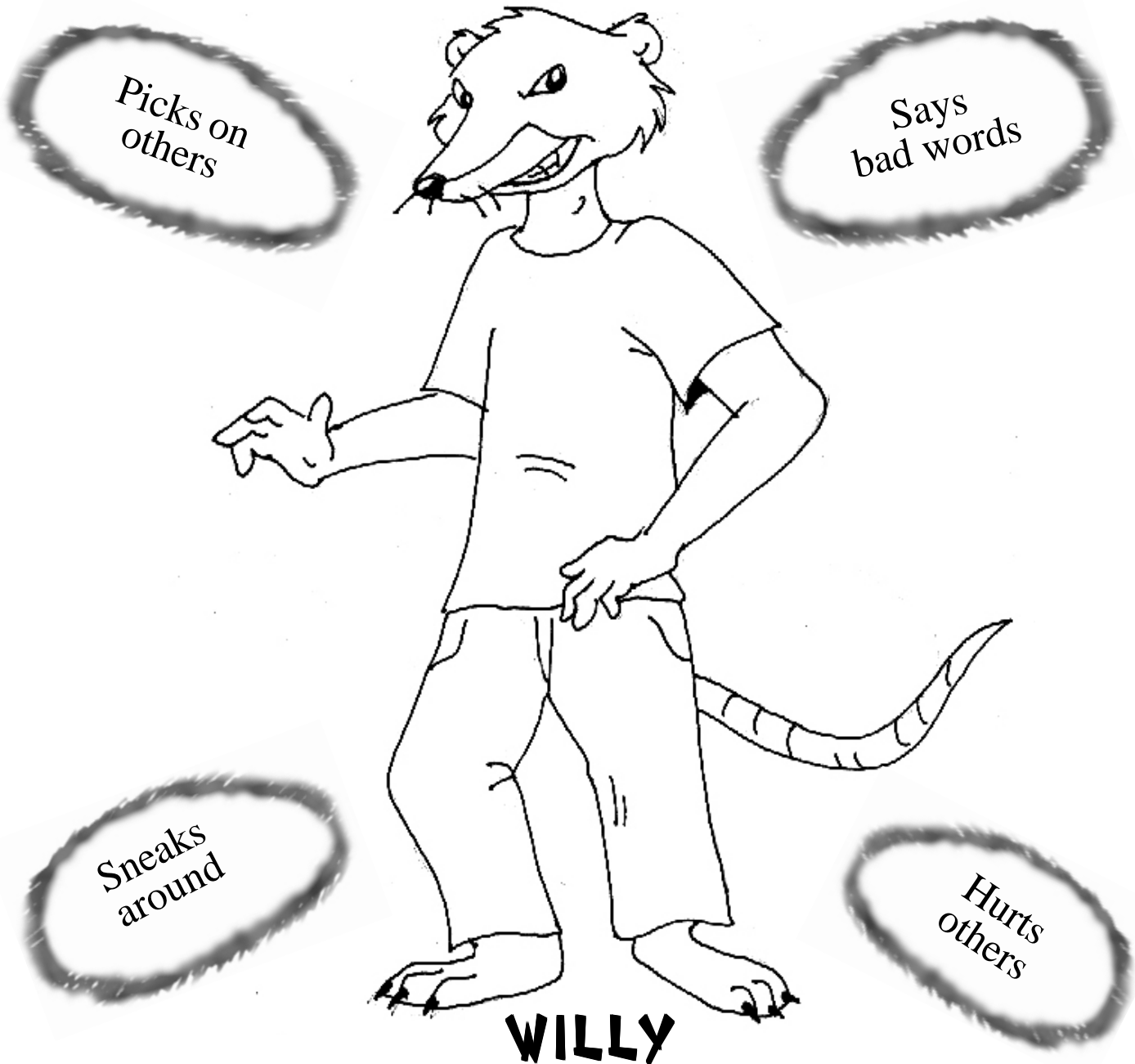
Date: _____

Parents:

This is a bully role. This bully is nervous, always picking on kids and adults. People are easily irritated by this social role. Watch your children when they behave this way and watch for this role with your child's friends.

SNEAKY BULLY

Color the circles all different colors after you read the words. Color Willy your favorite color.



Willy is sneaky and he picks on others. He likes to play mean tricks. Teachers yell at him for upsetting the class and not listening. He uses bad words.

List Some Sneaky Things People Do

The form consists of six hand-drawn, irregular oval shapes arranged in two columns of three. Each oval is drawn with a thick, dark, textured line, resembling a marker or crayon stroke. The ovals are intended for students to write down 'sneaky things people do'.

Name: _____

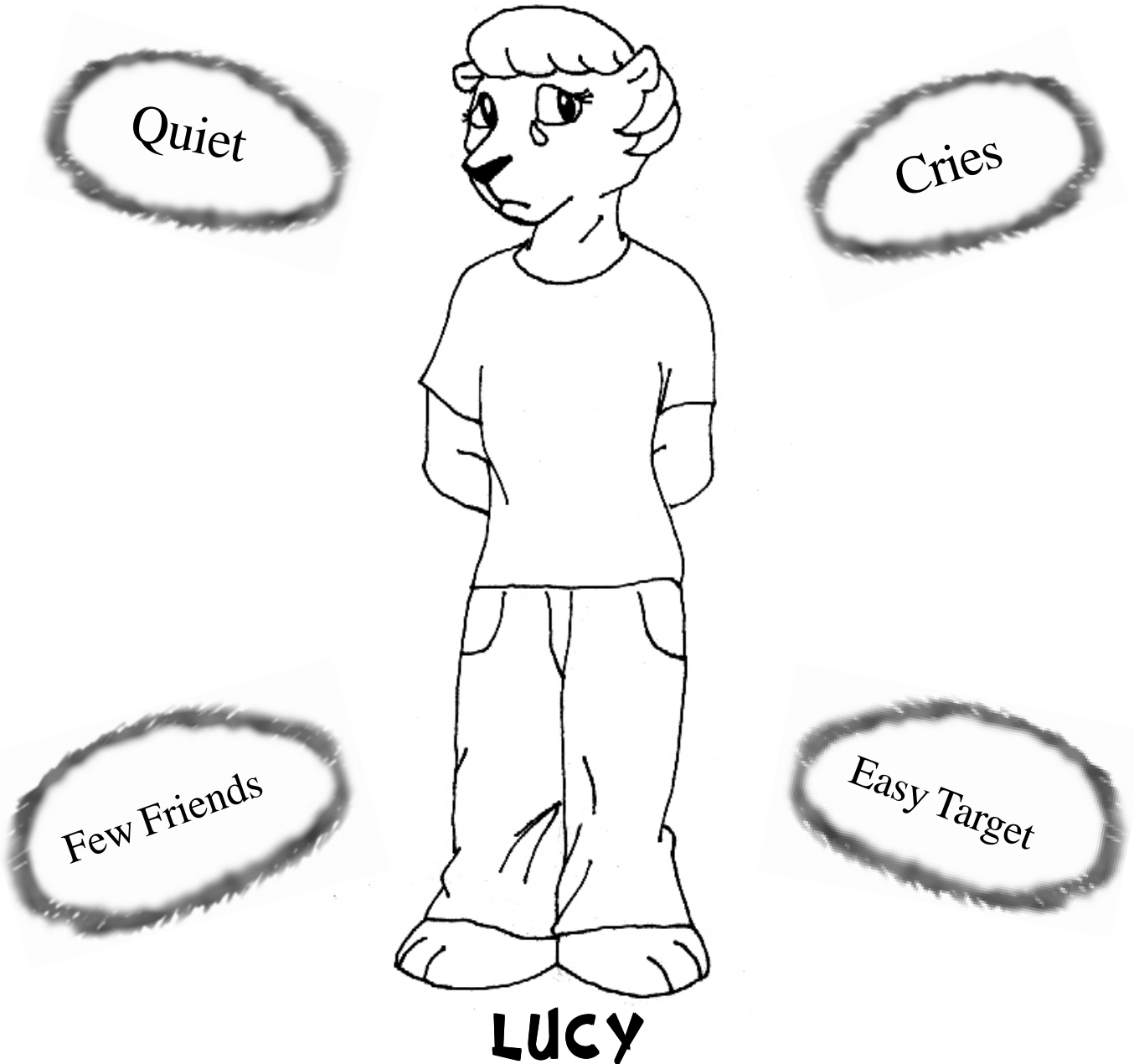
Date: _____

Parents:

This social role is a submissive victim. Your child may be at risk of being bullied. This role invites the attention from other bullies. Make sure this child is not being bullied every day or more than 1 time per week. What is happening as a result of the bullying? Help your child become assertive.

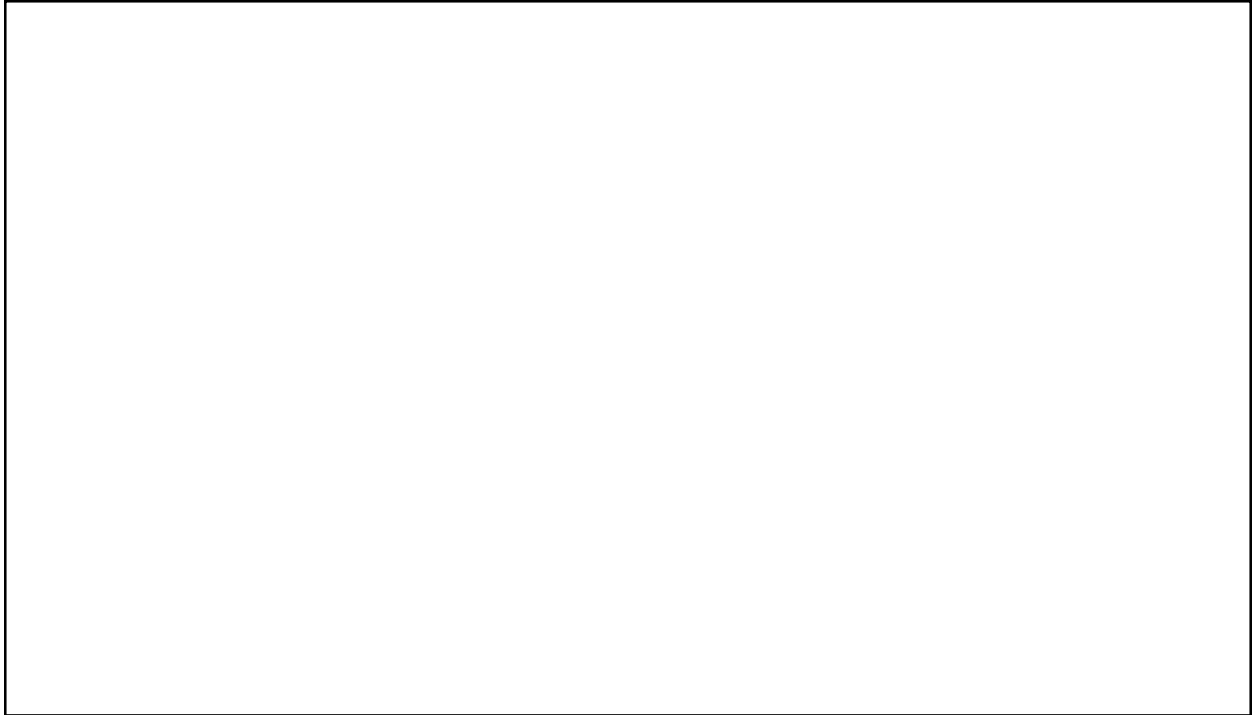
CRYING VICTIM

Color the circles all different colors after you read the words. Color Lucy your favorite color.



Lucy cries and is quiet. She tries to please everyone. She gets picked on and is an easy target for mean bullies. Bystanders watch her cry. She never stands up for herself.

Draw a Sad Face



List 5 things to do to help a sad friend.

1. _____
2. _____
3. _____
4. _____
5. _____

Name: _____

Date: _____

Parents:

This is a very sadistic social role that is rare. A school may have one or two at most. They tend to get others to cause pain and then sit back and enjoy. Your child can be hurt by this type of child. Be on the look out.

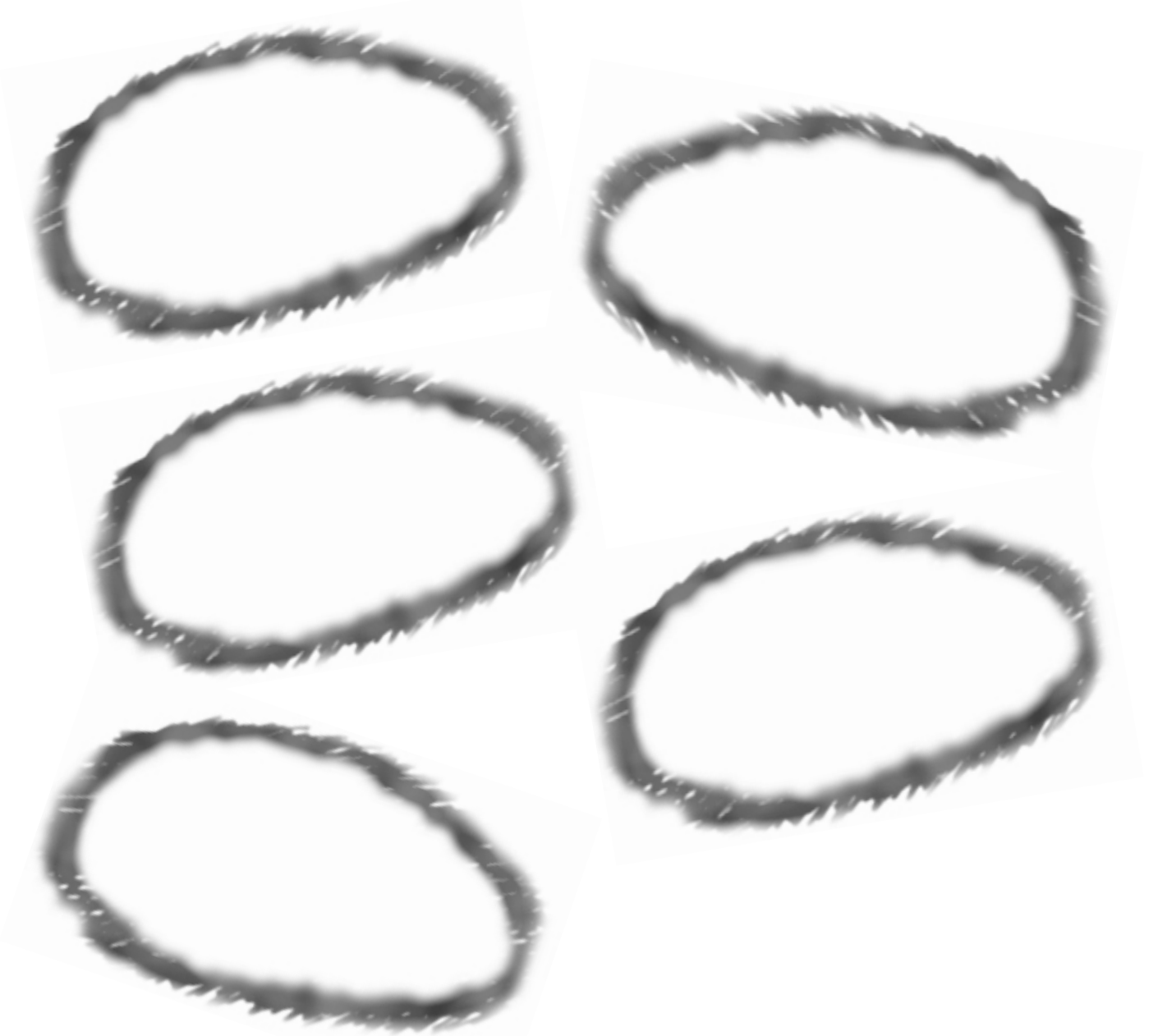
SLICK BULLY

Color the circles all different colors after you read the words. Color Foxy your favorite color.



Foxy likes to get other kids in trouble. Foxy is mean and enjoys seeing other kids in trouble or pain. Foxy has buddies that push kids around. Foxy pushes, trips, and scares other kids. Foxy thinks it is cool to act much older. Foxy swears, smokes and talks dirty.

Words that describe a troublemaker or somebody
that can get you in trouble.



What can you say to a troublemaker?

Name: _____

Date: _____

Parents:

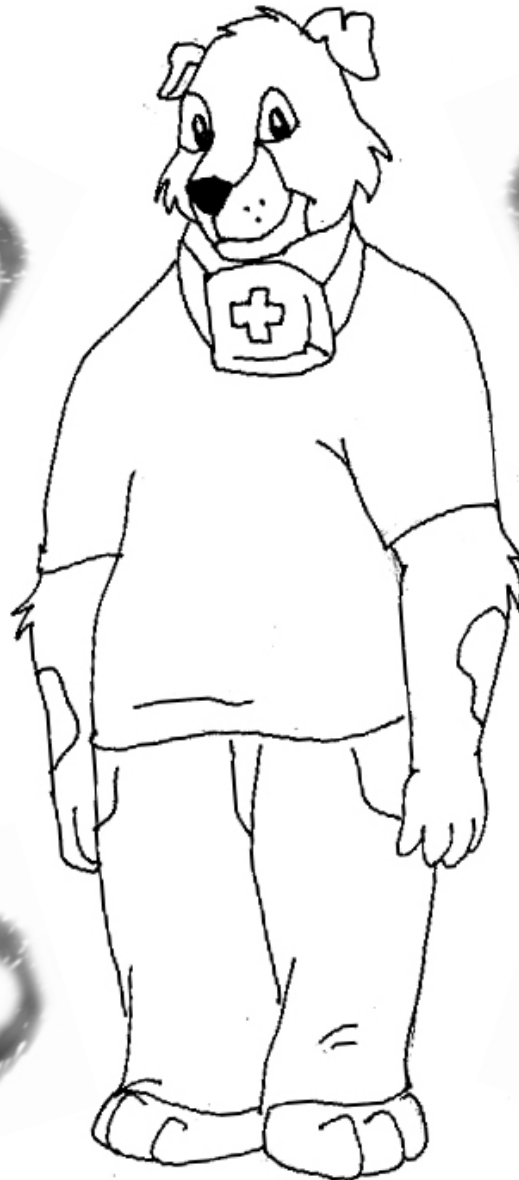
This is a rescuing bystander role. The child becomes a spectator. They see a victim being bullied, they freeze in conflict and try to help after the bullying has been done. Help your child get involved in positive, safe solutions to power struggles. Encourage them to get involved early and safely.

RESCUING BYSTANDER

Color the circles all different colors after you read the words. Color Ruffy your favorite color.

Wants to help

Feels bad about mean acts



Afraid to get involved

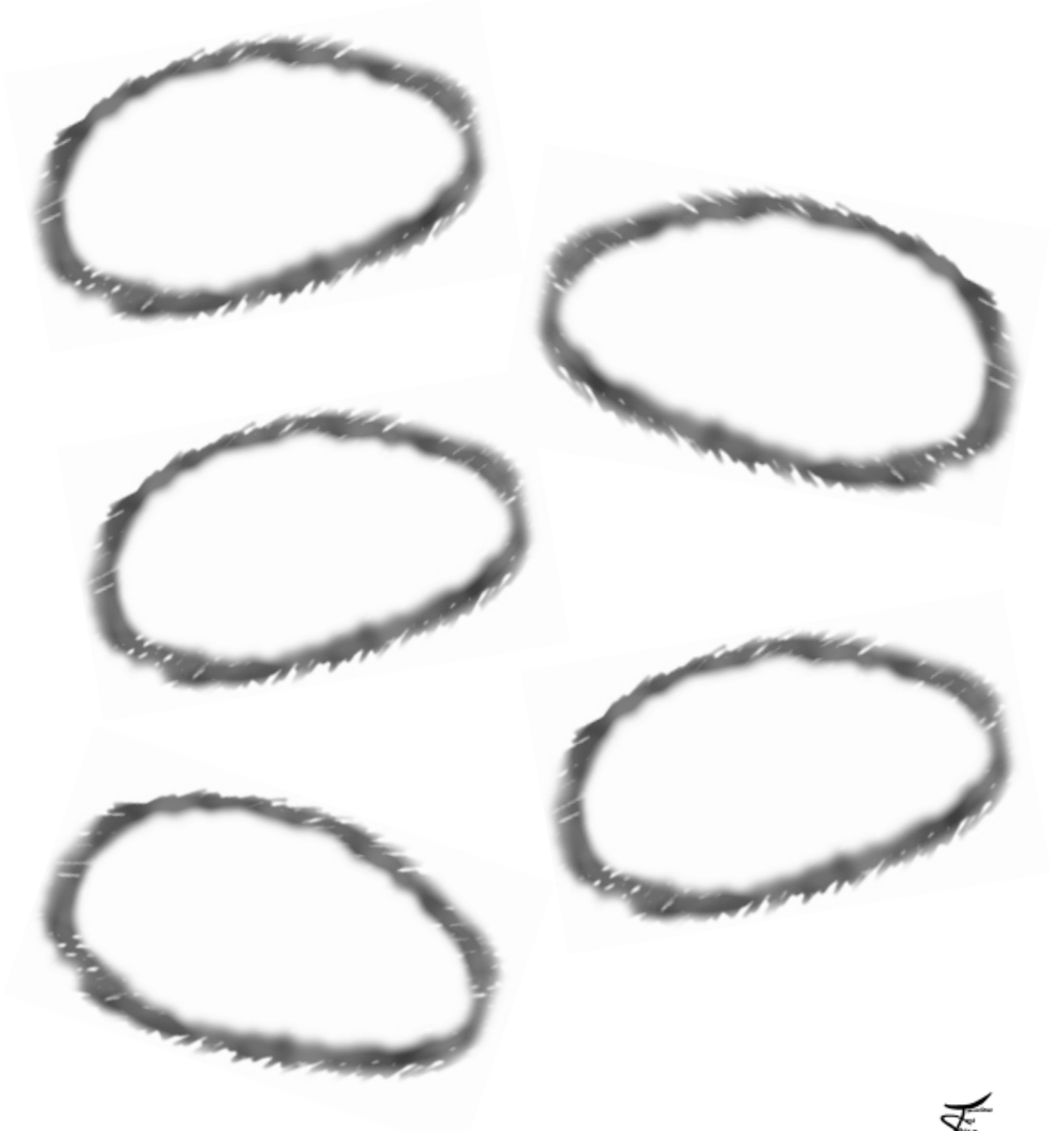
Watches and does not help

RUFFY

Ruffy wants to help and feels bad when he sees others being bullied. He does not help the victim when they are getting bullied. He feels bad but does not help. He just watches.

Ways to Help a Friend

Think of things you could do to help a friend who may need something from you.



A small, stylized signature or logo consisting of a few vertical lines and a curved line, located in the bottom right corner of the page.

Name: _____

Date: _____

Parents:

This is a bully bystander role. This is a bully's helper who pushes other kids around to please a meaner bully. This child is being used by a bully who enjoys watching him or her get into trouble. Watch out! This child is a follower who usually gets caught.

BULLY'S HELPER

Color the circles all different colors after you read the words. Color Buddy your favorite color.

Does what
the bully says

Sets kids up
for bullying

Gets into
trouble

Scares kids
for fun

The lookout
for bully

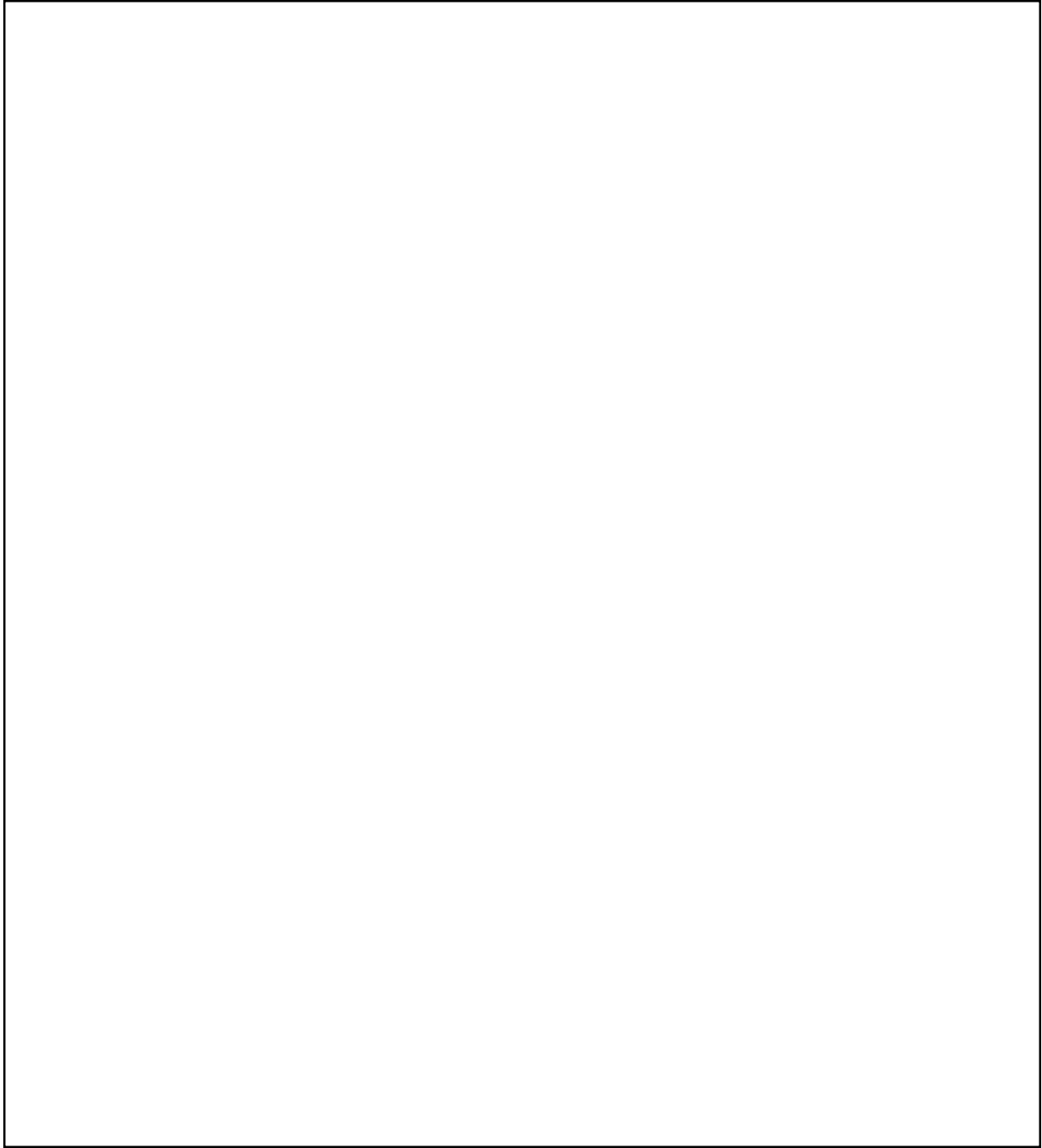


BUDDY

Buddy pushes kids around, takes their things, plays mean tricks and laughs at kid's pain or hurt feelings. He is the real mean bully helper. He is always in trouble. He takes the blame for other bullies. Buddy is scarey.

Draw a picture of a big mean bully and a friend
who is helping him bully someone.

Think of somebody who is a bully's helper. (no names)



Name: _____

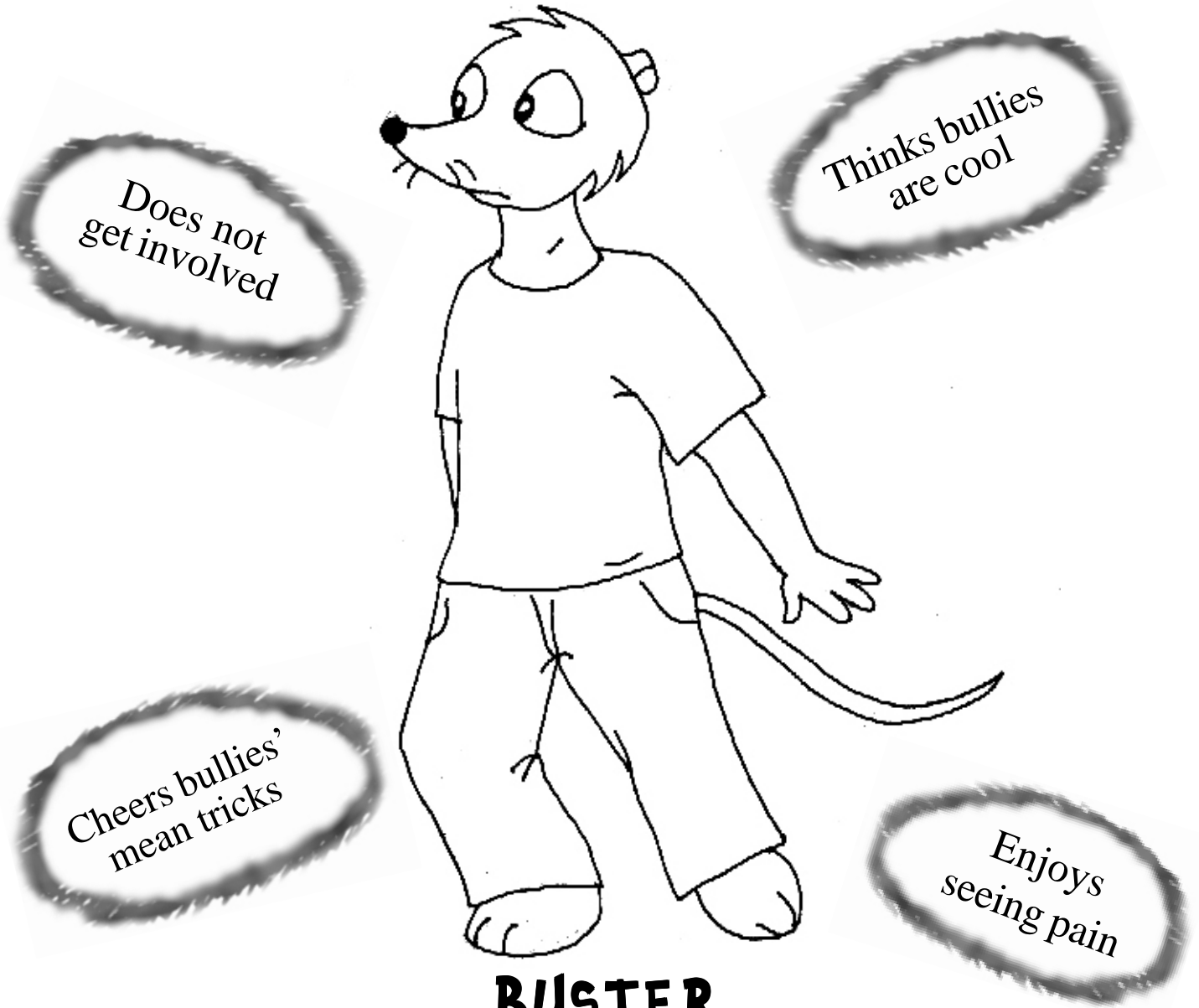
Date: _____

Parents:

This is a bully bystander role in which children identify with the negative actions of bullies. They watch while others are bullied and can easily be pulled into trouble. This is the first big step to becoming actively involved in violence.

BULLY BYSTANDER

Color the circles all different colors after you read the words. Color Buster your favorite color.



Buster likes to watch kids get hurt, tricked and left out. He thinks it's funny to watch bullies in action. He always is an audience for fights and thinks the bully is the best. Buster is just waiting to become a bully.

Things To Do When You See a Bully

Make a list by talking to parents and brothers or sisters.

The form consists of six hand-drawn, irregular oval shapes arranged in two columns of three. Each oval is drawn with a thick, dark, textured line, resembling a marker or crayon stroke. The ovals are intended for students to write their responses to the prompt.

A small, stylized signature or mark, possibly initials, located in the bottom right corner of the page.

Name: _____

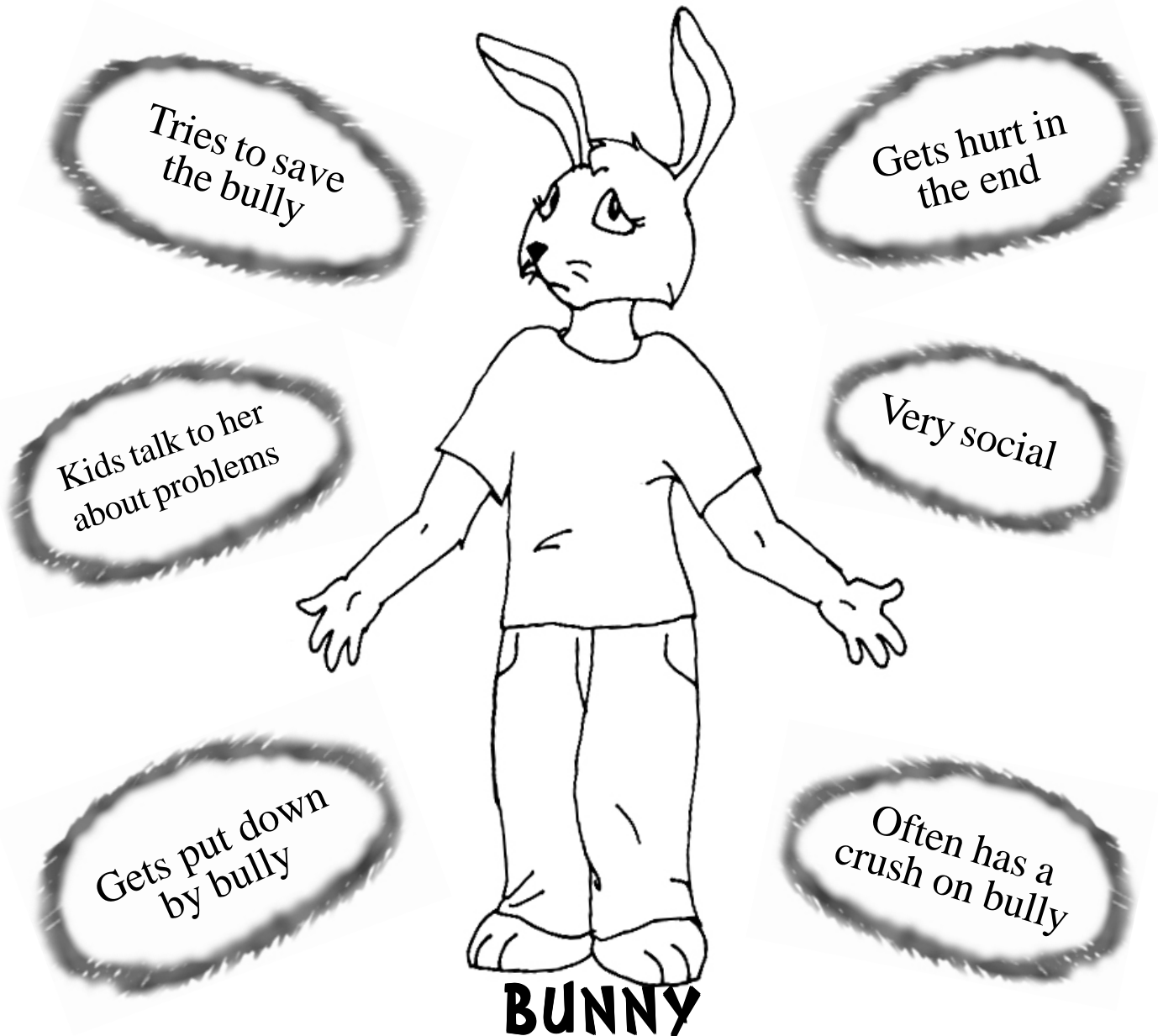
Date: _____

Parents:

Look out for this, in girls especially. They can get hurt trying to help bullies. They often think they know it all. This child will become pre-occupied with helping others and get hurt themselves. This could result in serious physical and emotional damage to your child. Supervise and advise your children.

RESCUING VICTIM

Color the circles all different colors after you read the words. Color Bunny your favorite color.



Bunny is always getting hurt trying to help somebody who tricks her and hurts her feelings. Bunny tries hard, but ends up being a target for bullies. She is always the last to know about the mean tricks.

Name Ways to Hurt Someone's Feelings

Think of ways to play mean tricks, tease or hurt someone's feelings.

The form consists of six hand-drawn, irregular oval shapes arranged in two columns of three. Each oval is drawn with a thick, dark, textured line, resembling a marker or crayon. The ovals are intended for students to write down ways to hurt someone's feelings.

Name: _____

Date: _____

Parents:

This is how you want your son to behave. Reward these behaviors at home. Talk to him about being a strong, Gentle Warrior and not a bully. Notice when he tries hard.

GENTLE WARRIOR

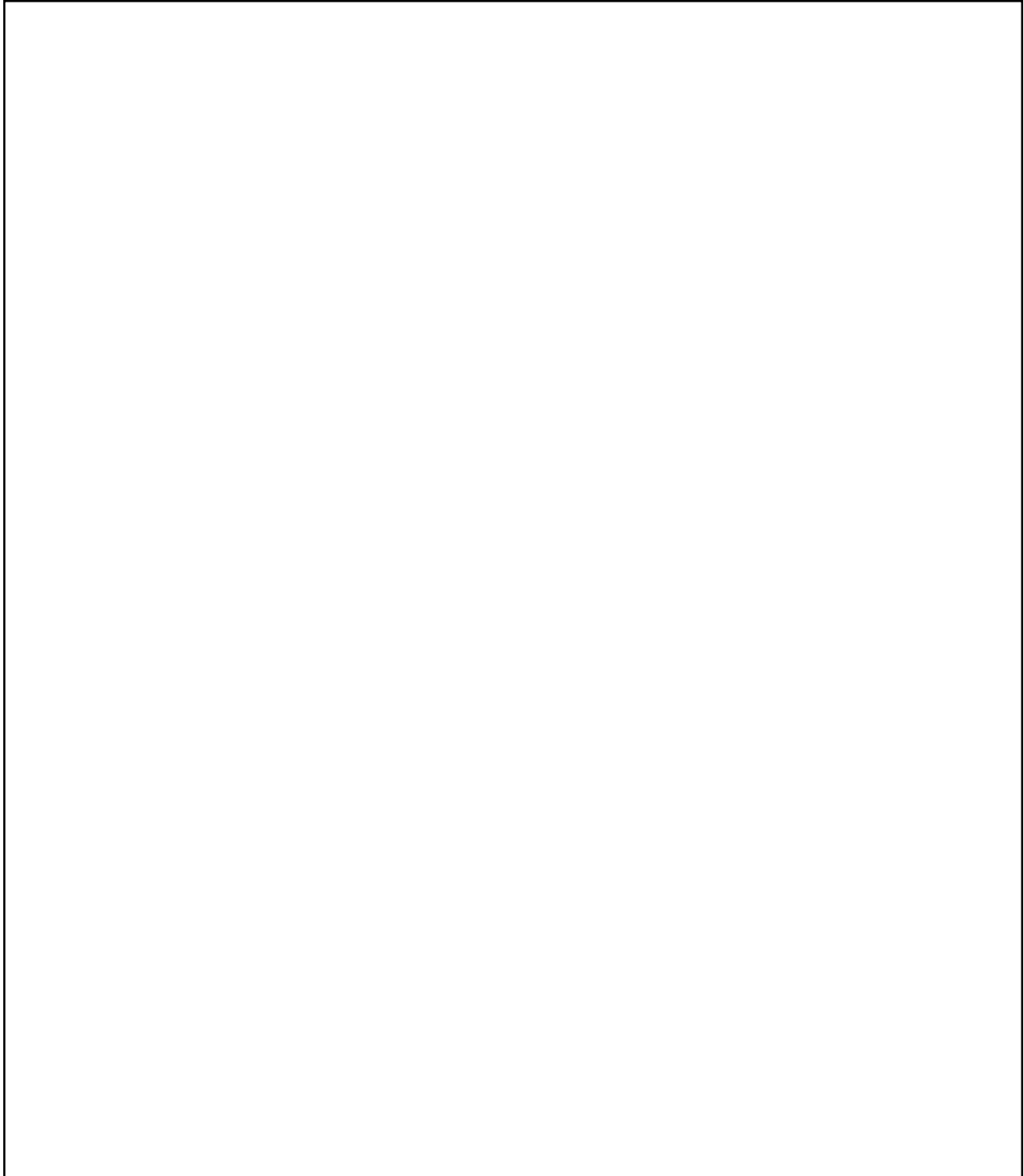
Color the circles all different colors after you read the words. Color Lenny your favorite color.



Lenny is also a Gentle Warrior. He tries hard, helps others and is strong and kind. Lenny cares about his friends. He works hard to have a peaceful school.

Draw a Strong Person

Think of a person you know that you think is a strong person, someone who could be a hero. Draw a picture of a hero or strong person.



Name: _____

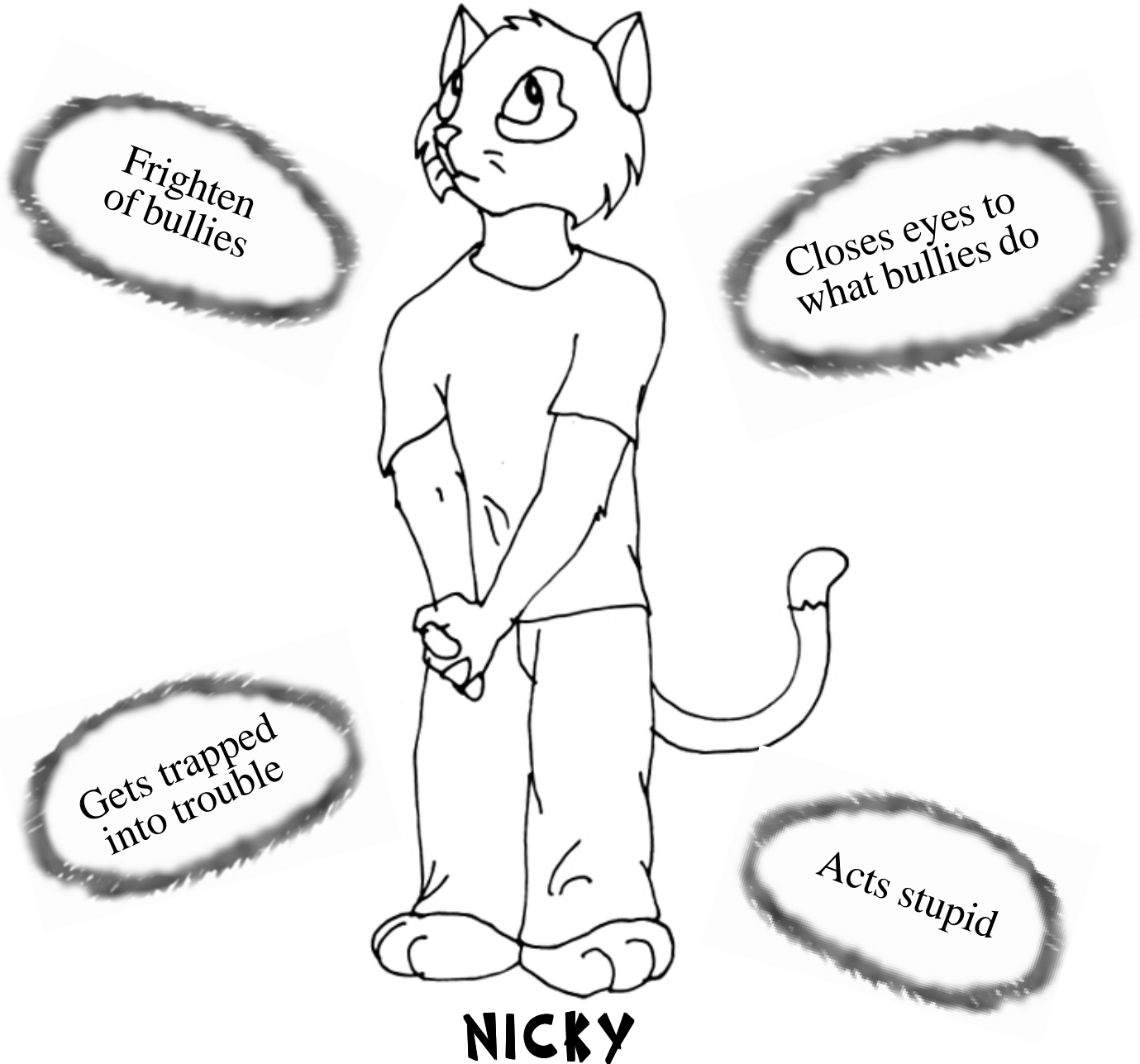
Date: _____

Parents:

This is a victim bystander who tries to avoid being a target for bullies but often gets into trouble by association with the bully. They like to escape and try to avoid responsibility for being a target for bullies. They get into trouble and get hurt.

VICTIM BYSTANDER

Color the circles all different colors after you read the words. Color Nicky your favorite color.



Nicky is trying to close his eyes when he gets bullied. He tries to run away and avoid trouble. But, problems always find him. Nicky has not learned how to stay away from bullies.

Would you help someone who:

- | | Yes | No | Maybe |
|---|--------------------------|--------------------------|--------------------------|
| 1. Is getting beaten up? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Is being teased? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Gets caught cheating? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Loses somebody's ball? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Looks really sad? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Says they wants to hurt someone or hurts themselves? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe a Yes (tell why):

Describe a No (tell why):

Name: _____

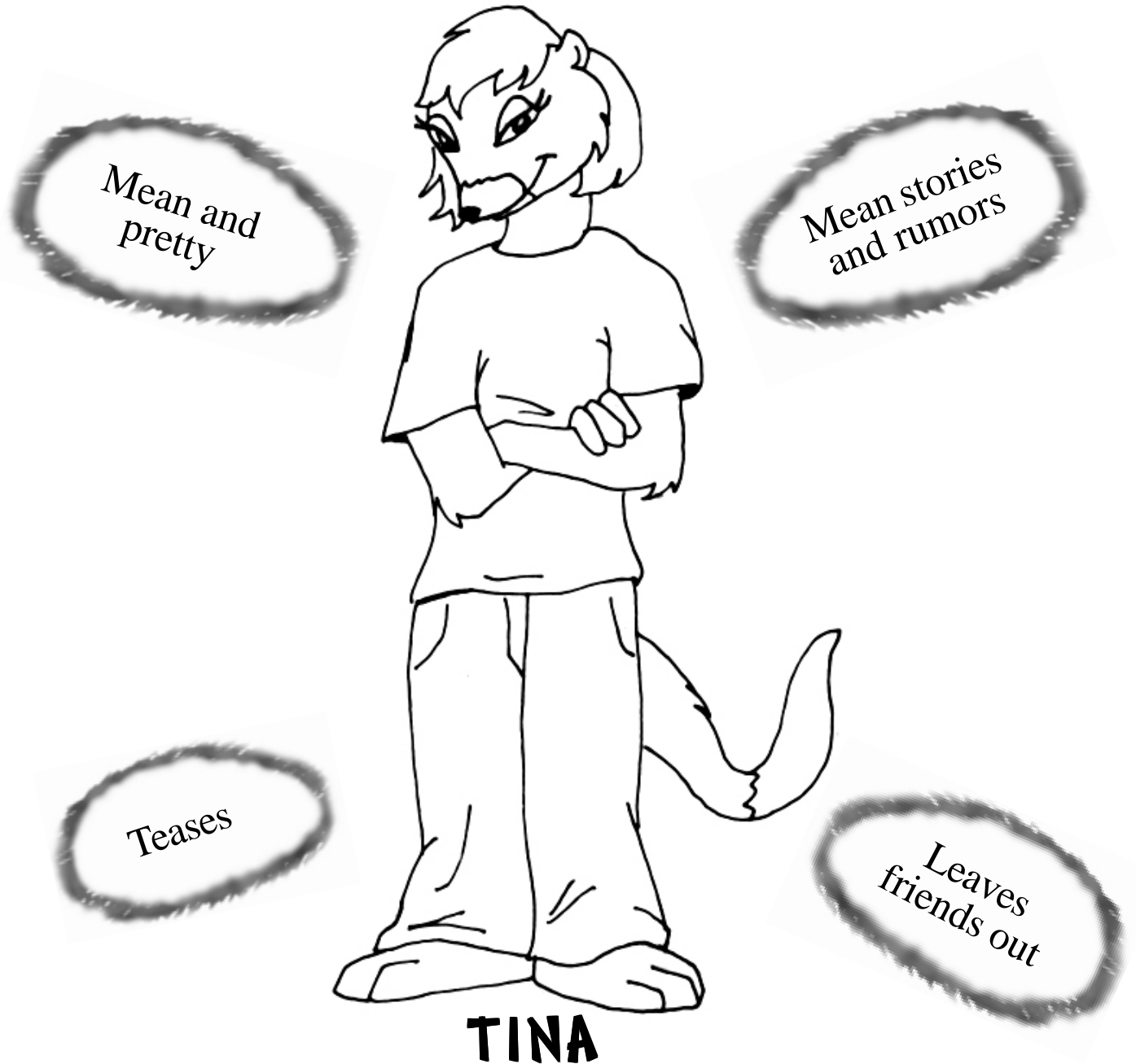
Date: _____

Parents:

This is a female bully role. This social role generates mean feelings at school and home. She starts rumors, excludes other kids and hurts their feelings. Plays mean tricks.

STUCK-UP BULLY

Color the circles all different colors after you read the words. Color Tina your favorite color.



Tina is popular, she is pretty. She also tells mean stories, starts hurtful rumors, teases and leaves friends out. She enjoys making kids feel bad.

List Mean Words Girls Say

Think of some of the mean words you know about or have heard. Color the worst word **YELLOW**.

The form consists of six hand-drawn, irregular oval shapes arranged in two columns of three. Each oval is drawn with a thick, dark, textured line, resembling a marker or crayon stroke. The ovals are intended for students to write mean words in.

Name: _____

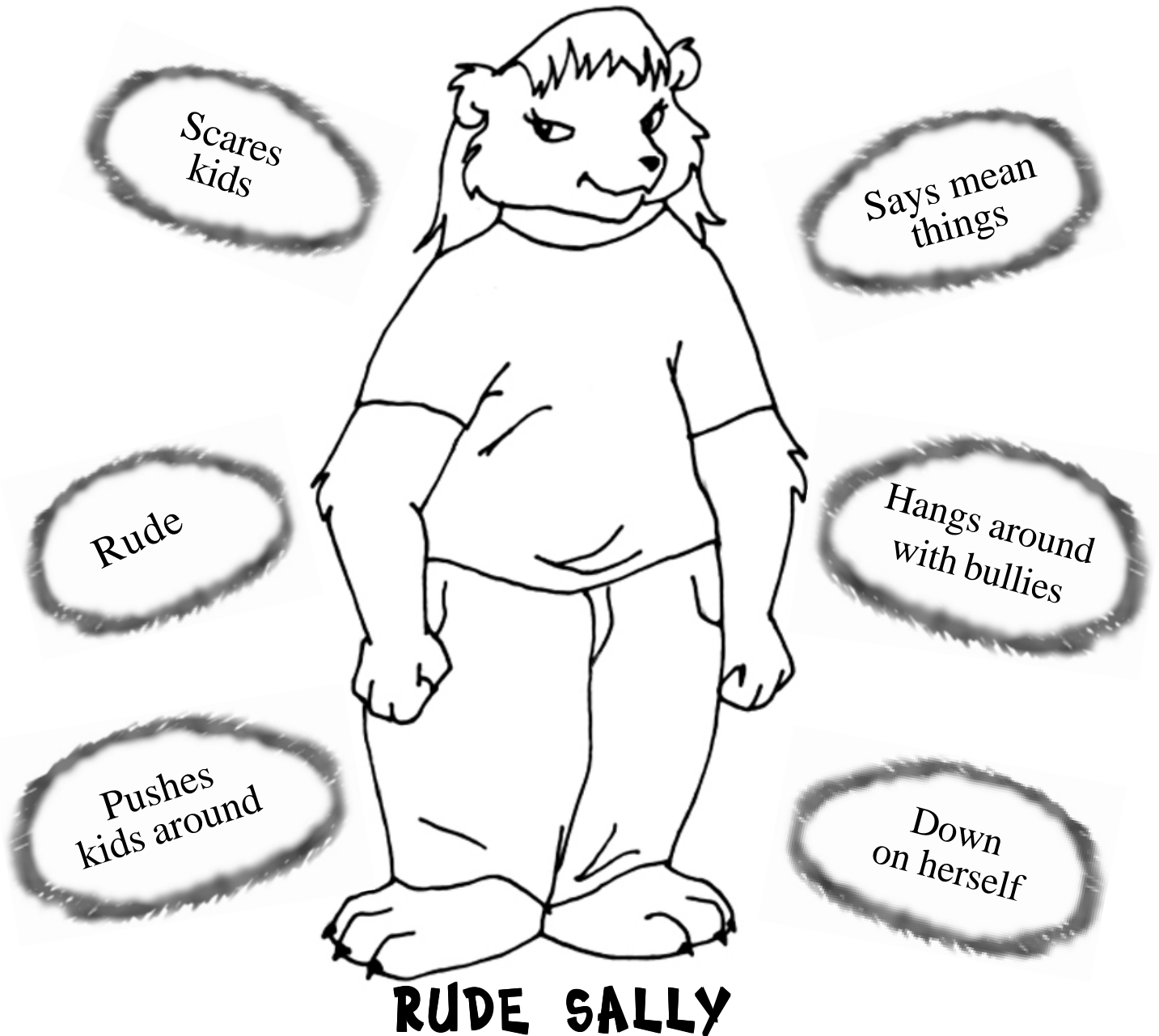
Date: _____

Parents:

This role is the known as the bully bystander. They cling to bullies and do their dirty work. This role demands getting in trouble helping a bully be mean. These girls are insecure and hang out with bullies.

BULLY BYSTANDER

Color the circles all different colors after you read the words. Color Sally your favorite color.



Sally does all the dirty work for bullies. She is big and likes to push other kids around. She makes kids feel scared. She is always in trouble.

Would you tell a teacher or parent if:

- | | Yes | No | Maybe |
|--|--------------------------|--------------------------|--------------------------|
| 1. A kid made another kid cry? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Some kid broke your stuff? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Someone was swearing? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. A bully stole your lunch? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. You were being scared and teased at school? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe a Yes (tell why):

Describe a No (tell why):

Name: _____

Date: _____

Parents:

This is an ambivalent bystander role, that is; your child doesn't know what to do when faced with a bully. With your help, ambivalent bystanders can help prevent bullying by getting involved.

CONFUSED BYSTANDERS

Color the circles all different colors after you read the words. Color Ricky and Roni your favorite color.



RICKY AND RONI

Ricky and Roni are never sure of what to do. They stand around and sometimes think they want to be like the bully. Other times they are a victim, and sometimes they want to help the victim. Ricky and Roni are stuck, they are not happy.

Would you get involved if you saw some kid:

- | | Yes | No | Maybe |
|------------------------------|--------------------------|--------------------------|--------------------------|
| 1. Stealing someone's lunch? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Punching another kid? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Cheating at school? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Telling mean lies? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Swearing? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Teasing someone? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Describe a Yes (tell why):

Describe a No (tell why):



BULLY



Review and
Practice

VICTIM

BYSTANDER

SERIES ONE: WORD GAMES AND EXERCISES



Matching

GENTLE WARRIOR

WANTS TO HELP- DOESN'T

SNEAKY BULLY

CHEERS BULLY

CRYING VICTIM

NOT SURE

TRICKY BULLY

POLITE

RESCUING BYSTANDER

BAD WORDS

BULLY'S HELPER

QUIET

BULLY BYSTANDER

SCARES KIDS

RESCUING VICTIM

AVOIDS

VICTIM BYSTANDER

RUMORS

STUCK-UP BULLY

PUSHES KIDS

CONFUSED BYSTANDER

TROUBLEMAKER

Color in the squares that contain “WAYS TO DEAL WITH A BULLY”.

Scare

Get someone
to hurt

Tell mean
stories

Give them
things

Tell
someone

Ignore

Run

Make him
laugh

Yell “Back
Off!”

Hit

Agree

Get someone
to beat him
up

Talk

Make friends

Blame

Trick

Hurt
someone
else

Refuse to
fight

Stare at
the bully

Be mean

Color in the squares that describe a
Bystander.

Caring

Watches

Stands up
for friends

Does nothing
to help

Thinks fights
are cool

Afraid to get
into it

Likes what
bullies do

Claps for
fights

Audience

Good friend

Strong

Looks and
doesn't act

Gets pulled
into trouble

Spectator

Smart

Gentle
Warrior

Color in the squares that contain signs of you
GETTING ANGRY.

Bad
thoughts

Dry
mouth

Hot
flashes

Sweating

Tense
muscles

Soft
skin

Polite

Straight
hair

Clenched
jaws and
fists

Red eyes

Sleepy

Tears

Color in the squares that describe
a Victim.

Assertive

Quiet

Stands up
for self

Angry

Few friends

Popular

Loud

Fights

Gets into
trouble

Cries

Lonely

Needs friends

Color in the squares for a
Gentle Warrior.

Polite

Uses karate
to fight

Fights to
win

Wants what
others have

Pushes kids

Unpopular

Strong

Tries hard

Clean and
honest

Cares about
friends

Wants peace
at school

Likes to
fight

Color in Bullying behaviors.

Helps others

Cheats

Teases

School
spirit

Listens

Fights

Studies

Scares

Tells mean
stories

Excludes

Makes
friends

Steals
lunches

Word Scramble

Words that describe a
Victim

risce

vgsie pu

tlef otu

dpceik no

elano

dafari

What should victims do to help themselves:

Word Scramble

Words that describe a
Bully

enam

ebortul

rsweas

husesp

esetsa

rhtsu

What should you NOT do to a Bully?

Word Scramble

Words that describe what Bystanders do.

tcahw

vdaoi

erehc

slsoce yees

rdiafa

seferze

What are some things you could do to not be a bystander?

Word Scramble

Words that describe Peaceful Students.

ytr rdah

pleh reoths

pypah

neilts

anelc

tiacve

Word Scramble

Words that describe when you are
Getting Angry.

ydr otumh

ngsaetwi

dlcnhece awj

enets

toh

dab

otughths

Word Scramble

Mean words or behaviors.

gatenis

pitr

ekeg

dxeluec

rosle

laets

Name: _____

Date: _____

Creating a Peaceful School

Gentle Warrior

(Circle the words that describe the Gentle Warrior.)

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

POLITE

KIND

FRIENDLY

STRONG

RESPECT

HELPS



Name: _____

Date: _____

Creating a Peaceful School

Bully

(Circle the words that describe a Bully.)

S H B C Q N O M M V B

M U C E A S N E A K Y

D R F M P S C A R Y O

L T E A S E S N C E D

S S L T V P U S H E S

D R C Q E E L P B T J

S L I K C D V U C L S

MEAN

TEASES

HURTS

PUSHES

SNEAKY

SCARY

Name: _____

Date: _____

Creating a Peaceful School

Bystanders

(Circle the words that describe what Bystanders do.)

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

WATCH FIGHT

FREEZES

DO NOT HELP

AUDIENCE

HELPS BULLY

Name: _____

Date: _____

Creating a Peaceful School

9 Ways to Deal With a Bully

(Circle the "9 Ways to Deal With a Bully".)

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

IGNORE

MAKE FRIENDS

TRICK

GET HELP

REFUSE TO FIGHT

AGREE

TALK

BACK OFF

JOKE



Creating a Peaceful School

Victims

(Circle the words that describe a Victim.)

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

CRY

PICKED ON

QUIET

AFRAID

FEW FRIENDS

TARGET

ALONE

Name: _____

Date: _____

Creating a Peaceful School

Types of Bullies

(Circle the words that describe the different types of bullies.)

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

TRICKY

BULLY HELPER

SNEAKY

STUCK UP





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STUDENT WORKBOOK
Classroom and Homework Assignments
“Helping Students Manage Power Struggles”