



When the class bully, Brenda Bailey, makes fun of Jessica's skinny legs and her boyish lunch box, Jessica doesn't know what to do. She doesn't want to be a tattletale, but she also wants the bullying to stop. Can Jessica find the courage to stand up for herself? - *Simon & Schuster*

Build Background

Discuss the word "bullying." On two pieces of chart paper write "looks like" (with an eye) and "sounds like" (with an ear). Ask students to identify what kinds of things they would see and hear if someone was being bullying.

Key Vocabulary

| | | | |
|---------|-----------|------------|-------|
| worrier | pg 1 | teased | pg 21 |
| bullies | pg 10, 17 | tattletale | pg 25 |
| ignore | pg 10, 15 | blushed | pg 28 |
| sobs | pg 21 | | |

BIG IDEAS To Reinforce



Standing up to Bullying, Kindness, Encouraging Others

Student-Friendly Learning Target



I can retell a story remembering the characters, setting and what happened.
I can write a sentence with a picture to tell others about how I can be kind.

Discussion Starters



1. What did Jessica worry about when she was at home? at school?
2. How do you know that Jessica felt hurt when Brenda was mean?
3. Why was Jessica worried about going to school?
4. What advice did Jessica's mother give to her?
5. How did Jessica finally solve her problem?
6. How did Brenda feel when Jessica stood up to her?
7. NED is sitting with his friends at lunch when one of the kids starts to make fun of a girl sitting nearby. What would NED do next?

Writing Prompt



My Act of Kindness Discuss with students the word "kindness." What are some acts of kindness that we could do? Create a list on the board for students to refer back to when completing their writing prompt ("My act of kindness...I can _____").



Activities



Kindness Quilt Use the quilt squares created in the writing prompt to make a classroom "Kindness Quilt." Cut out square pieces of construction paper and attach their writing square. Allow students to punch holes in their quilt square. Cut a length of yarn for students to lace around their square (*Hint: wrap tape around the end of the yarn to keep it from fraying while lacing*). Staple the squares next to each other on a bulletin board entitled "Kindness Quilt."

Catching Kindness Sit in a circle or have students sit at their desks. Using a foam or koosh ball start out by saying a student's name and telling one nice thing about him/her. Then throw the ball to that student to allow them to do the same. Continue the game until all students have had a turn catching and throwing the ball.

More Resources

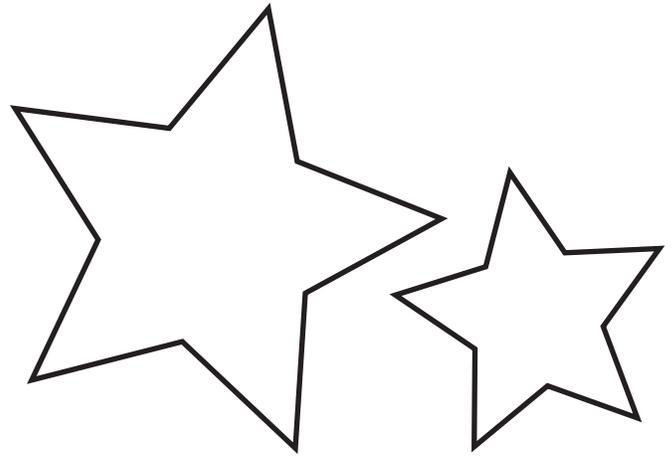
- Accelerated Reading Quiz: 131989
- www.actsofkindness.org

Aligned to Common Standards

Every lesson plan aligns with grade-level standards in **Reading, Writing, Speaking & Listening and Literacy**.
Every lesson plan supports **ASCA Mindsets & Behaviors**.

Name: _____

Directions: Draw an act of kindness that you can do.
Then, write (or dictate) what you can do to be kind
(e.g. be helpful, share toys, help others).



My act of

Kindness

I can _____