



Healthy Choices, Healthy Children: Rise Above Bullying Edition **Worksheets**

These worksheets and examples are for use with the *Healthy Choices, Healthy Children: Rise Above Bullying Edition*.

Included

- Lesson 2 Scenarios
- Lesson 4—Celebrate the Individual Bingo Sheet
- Conflict Resolution Game Plan

HCHC: Rise Above Bullying Edition – Lesson 2, What's Your Role? Scenario 1

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 1

Scenario 1: Mayumi/Miles

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

You are all standing in a hallway. The T-name character is at one end of the hallway, and the other characters are at the other end of the hallway.

The T-name character walks past you in the hallway and you pretend to bump into them so they fall down. Do not help them up. Point and laugh. Call them clumsy, and say to the F-name character, "Isn't T_____ such a loser?"

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 1

Scenario 1: Florence/Felipe

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

You are all standing in a hallway. The T-name character is at one end of the hallway, and the other characters are at the other end of the hallway.

Stand next to the M-name character. Watch what happens. Don't do or say anything.

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 1

Scenario 1: Tabitha/Truman

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

You are all standing in a hallway. The T-name character is at one end of the hallway, and the other characters are at the other end of the hallway.

Walk by the M-name character. She or he will pretend to bump into you. Pretend to fall down on the ground. Lay there.

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 1

Scenario 1: Samira/Sheldon

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

You are all standing in a hallway. The T-name character is at one end of the hallway, and the other characters are at the other end of the hallway.

You can choose from the follow options:

- Do whatever the M-name character does.
- Don't do or say anything.
- Help the T-name character by (fill in the blank)

HCHC: Rise Above Bullying Edition – Lesson 2, What's Your Role? Scenario 2

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 2

Scenario 2: Mayumi/Miles

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

You are in the cafeteria. The T-name character just walked in looking for a place to sit. The M-name and F-name characters are sitting together. If someone is playing the S-name character, he or she will be sitting at another table.

Sit or stand next to the F-name character. When the T-name character comes over, move around and move your lunch tray or backpack around. Say, "There's no room at this table for people like you."

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 2

Scenario 2: Florence/Felipe

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

You are in the cafeteria. The T-name character just walked in looking for a place to sit. The M-name and F-name characters are sitting together. If someone is playing the S-name character, he or she will be sitting at another table.

Sit or stand next to the M-name character. Watch what happens. Don't do or say anything.

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 2

Scenario 2: Tabitha/Truman

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

You are in the cafeteria. The T-name character just walked in looking for a place to sit. The M-name and F-name characters are sitting together. If someone is playing the S-name character, he or she will be sitting at another table.

Walk into the cafeteria, carrying a lunch tray. Look around for a place to sit. Walk over to the M-name character and ask to sit at the table.

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 2

Scenario 2: Samira/Sheldon

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

You are in the cafeteria. The T-name character just walked in looking for a place to sit. The M-name and F-name characters are sitting together. If someone is playing the S-name character, he or she will be sitting at another table.

You are at another table. You can choose from the follow options:

- Do whatever the M-name character does.
- Pretend not to see the T-name character or what happens. Eat your lunch.
- Invite the T-name character to come sit with you.

HCHC: Rise Above Bullying Edition – Lesson 2, What's Your Role? Scenario 3

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 3

Scenario 3: Mayumi/Miles

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

The M-name character is the captain of the basketball team. The other characters are players on the team, including the T-name character, who is new to the team. The F-name and S-name characters are practicing free throws. The coach hasn't arrived at the gym yet.

When the T-name character walks up to you, tell them that rookies have to do 10 push-ups before they're allowed to speak to the team captain.

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 3

Scenario 3: Florence/Felipe

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

The M-name character is the captain of the basketball team. The other characters are players on the team, including the T-name character, who is new to the team. The F-name and S-name characters are practicing free throws. The coach hasn't arrived at the gym yet.

Stand in another part of the "gym" and practice free throws. Look over at the M and T-name characters when they start talking, but stay where you are and continue practicing.

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 3

Scenario 3: Tabitha/Truman

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

The M-name character is the captain of the basketball team. The other characters are players on the team, including the T-name character, who is new to the team. The F-name and S-name characters are practicing free throws. The coach hasn't arrived at the gym yet.

Walk up to the M-name character and introduce yourself. Do (or pretend to do) whatever the M-name character tells you to do.

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 3

Scenario 3: Samira/Sheldon

Introduce yourself by your character's name, then get into position. Do not show anyone this card.

The M-name character is the captain of the basketball team. The other characters are players on the team, including the T-name character, who is new to the team. The F-name and S-name characters are practicing free throws. The coach hasn't arrived at the gym yet.

Practice free throws with the F-name character. You can choose from the follow options:

- Pretend not to see what happens.
- Report the situation to the coach.

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 3

HCHC: Rise Above Bullying Edition – Lesson 2 What's Your Role? Scenario 3

Scenario 3: Coach

The M-name character is the captain of the basketball team. The other characters are players on the team, including the T-name character, who is new to the team. The F-name and S-name characters are practicing free throws. The coach hasn't arrived at the gym yet.

Once you see someone in each group beginning (or pretending) to do push-ups, walk around to each group and say, "Hello, team! Sorry your coach was running late, but here I am. What have I missed?"

HCHC: Rise Above Bullying Edition – Lesson 4, Celebrate the Individual Bingo!

is a good dancer.	has a nice voice.	is a fast runner.	is helpful.	is _____ _____
is a good athlete.	is _____ _____	is artistic.	has nice eyes.	is friendly.
is _____ _____	is a hard worker.	is funny.	is respectful.	is a positive leader.
is a good teammate.	is unique.	is a good listener.	is _____ _____	is smart.
is strong.	is a good friend.	is _____ _____	is a positive leader.	has a great laugh.

CONFLICT RESOLUTION GAME PLAN

TRY A PEP TALK

**COMPLIMENT THEM. ASK
IF THEY ARE HAVING A BAD DAY.**

*"Hey, is everything ok? You are such
an awesome person, I know you
are better than this."*

MAKE AN INTERCEPTION

GET THEM OUT OF THERE!

*"Hey, walk with me real quick,
I need you to help me with something."*

RUN INTERFERENCE

BOLDLY CHANGE THE SUBJECT.

*"Hey, what do you guys think about
the news this morning..."*

BLOW THE WHISTLE

KNOW WHEN TO GET AN ADULT.

*"Hey, let's get a teacher before this
gets out of hand."*