



Bullying Awareness Week - 7 Teachings

Here are the plans for Bullying Awareness week. Each morning will begin with a morning announcement. For each day there is an activity as well, participation is always optional in the activity.

Monday November 14th

Morning Announcement: Humility

Humility is represented by the wolf. For the wolf, life is lived for his pack and the ultimate shame is to be outcast. Humility is to know that you are a sacred part of creation. Live life selflessly and not selfishly. Respect your place and carry your pride with your people and praise the accomplishments of all. Do not become arrogant and self-important. Find balance within yourself and all living things.



Today, ask yourselves the question: What can I celebrate in others today? Try to recognize something positive or admirable that a classmate, staff member or family member has done.

Jr High Activity: Compliment Bulletin Board

We will empty one hallway bulletin board per floor. Each teacher will have a sticky note pad in their mailbox. Distribute one sticky note per student. Students must write an anonymous compliment. During block 3, take your class to the bulletin board so that they can add their sticky note.

Leadership class has come up with a couple of activities for bullying awareness week. They want to do sticky notes on all the lockers for the junior highs (words of encouragement/positive notes). For the elementary students we were going to do a "chain of compliments". Each student will write words of encouragement on a slip of paper and then we will construct a chain and hang the chain in the gathering area.



Tuesday, November 15th

Morning Announcement: Bravery

Bravery is represented by the bear. The mother bear has the courage and strength to face her fears and challenges while protecting her young. The bear also shows us how to live a balanced life with rest, survival and play. To face life with courage is to know bravery. Find your inner strength to face the difficulties of life and the courage to be yourself. Defend what you believe in and what is right for your community, family, and self. Make positive choices and have faith in your decisions. Face your fears to allow yourself to live your life. Today, ask yourself if there is a fear you need to face in your life? Maybe it's a fear of the dark, a fear of failing, a fear of public speaking or something totally different. Try to think of ways you can face this fear or talk to an adult about how you can work on this fear.



Jr High Activity: Show the following video (For the Heroes - A Pep Talk From Kid President):

<https://www.youtube.com/watch?v=tgF1Enrgo2g> (4:15 minutes)

Guide a discussion on the “making” of heroes. Each of us has unique qualities and skills that we can offer our community. These special characteristics allow us to champion a cause if we are passionate enough! You have the power to be a hero, even if you have never stepped out of your comfort zone prior to this activity. Review the basic steps to moving forward:

- Think about what bothers you.
- Make a list of what YOU can do about it. (This might be a direct action that you can do or even reaching out to others that have the power to change things that you can't based on your age.)
- Brainstorm who you can bring with you. (Who is willing to join you in speaking out? Think beyond friends; other peers, adults, and community members might all be bothered by the same thing you are!)



Wednesday, November 16th

Morning Announcement: Honesty and Truth

Honesty is represented by the raven. They understand who they are and how to walk in their life. Raven reminds us to be ourselves and not someone we are not. Raven accepts himself and knows how to use his gift. He does not seek the power, speed or beauty of others. He uses what he has been given to survive and thrive. So must you. To walk through life with integrity is to know honesty. Be honest with yourself. Recognize and accept who you are. Accept and use the gifts you have been given. Do not lie to yourself or others.



Truth is represented by the turtle as he was here during the creation of Earth and carries the teachings of life on his back. The turtle lives life in a slow and meticulous manner because he understands the importance of both the journey and the destination. Truth is to know all of these things. Apply faith and trust in your teachings. Show honor and sincerity in all that you say and do. Understand your place in this life and apply that understanding in the way that you walk. Be true to yourself and all other things.



Today, think about a time when you were honest and sincere. How did it feel to tell the truth? Ask yourself the question: is there anything that I need to be more honest about today?



Jr High Activity: Read as a class group “The Emperor’s New Clothes”.

<https://drive.google.com/file/d/1OWmEwd6YnLStTC2kPrQXdeEwa5setaii/view?usp=sharing>

Engage in a class discussion using some of these prompts:

- What if you saw something going on that was absolutely ridiculous, but no one else seemed to see it ? Should you speak up and risk looking foolish to everyone, or should you stay silent and keep your doubts to yourself?
- What kind of influence do peers have over each other? Why do some teens seem to be more susceptible than others to such pressure?
- Ask the kids why honesty is important or whether or not you have to be honest to be good. Asking when they have lied can relate their personal experiences to the situation of the individuals in the story, and help them empathize with how the characters in the story felt.
- Were the characters who were tricked just as morally and ethically wrong in lying as the weavers? Were they bad guys too? This is an interesting discussion. It can be said that the weavers lied maliciously to seek personal gain and that the tricked characters lied out of fear and sought personal security.
- Have you ever convinced yourself that something was real/true(can use either) even if you knew it wasn't
- Have you ever done something just because everyone else was doing it?
- Have you ever believed something because other people you knew believed the same thing? [giving your own personal example may help clarify]
- Have you ever lied for a good reason?
- Do you always feel bad when you lie?



Thursday, November 17th

Morning Announcement: Wisdom

The beaver represents wisdom because he uses his natural gift wisely for his survival. The beaver also alters his environment in an environmentally friendly and sustainable way for the benefit of his family. To cherish knowledge is to know wisdom. Use your gifts wisely and live your life by them. Recognize your differences and those of others in a kind and respectful way. Continuously observe the life of all things around you. Respect your own limitations and those of all of your surroundings. Allow yourself to learn and live by your wisdom.



Today, think about how you interact with the environment around you... do you pick up after yourself in the classroom, do you throw litter on the ground, do you leave the water running when you brush your teeth? Is there anything you can do to be more sustainable? (Donate unused clothing, pick up trash in the school yard, walk to school instead of getting a ride, read a book instead of using a computer, etc.)

Jr High Activity:

Show the following video (Digital Footprint):

<https://www.youtube.com/watch?v=eg3gSNgaBm0> (1:19 Minutes)

Have a discussion:

- How does it make you feel knowing that everything you do online is stored and can be searched for, shared, or even broadcast?
- What does it mean to have a positive digital footprint?
- Using only one word, how does it make you feel knowing that everything you do online is stored and can be searched for, shared, or even broadcast?
- Define **invisible audience** as unknown or unanticipated people who can see information about you posted online. Who might be part of the invisible audience that would search for information about you or posted by you online?



Friday, November 18th

Morning Announcement: Respect and Love

Respect is represented by the buffalo. The buffalo gives every part of his being to sustain the human way of living, not because he is of less value, but because he respects the balance and needs of others. To honor all creation is to have respect. Live honorably in teachings and in your actions towards all things. Do not waste and be mindful of the balance of all living things. Share and give away what you do not need. Treat others the way you would like to be treated. Do not be hurtful to yourself or others.



The eagle represents love because he has the strength to carry all the teachings. The eagle has the sight to see all the ways of being from great distances. The Eagle's teaching of love can be found in the core of all teachings, therefore an eagle feather is considered the highest honor and a sacred gift. To know love is to know peace. View your inner-self from the perspective of all teachings. This is to know love and to love yourself truly. Then you will be at peace with yourself, the balance of life, all things and also with the creator.



Today, think about a situation where you could have been more respectful and loving toward another. How does it feel in your heart, body and mind when you act with love and kindness?

Jr High Activity: Show the following video (Are You Okay?):
[are you okay? | Award-Winning Short Film - YouTube](#) (8:45 minutes)

Discussion: The video we watched suggests that a good way to support someone who is being bullied, is by simply reaching out or checking in. How have you felt when your friends or family have checked in with you to see if you're ok? What are some other ways that we can support someone going through a hard time?