



Bullying Prevention Puppet Program (K-4)

Suggested Number of Students: 40 (2 classes)
Program Length: 35 minutes

Program Synopsis

Bernard is troubled because others have been unkind and have been mean to him on purpose. He and Claire roleplay things Bernard can do or say to keep himself safe. Claire also offers some Kindness tips so everyone can be Upstanders for themselves and others. Students will have an opportunity to talk to the puppets and can share their experiences and their own Kindness tools.

Key Program Points

- There are many strategies to use if someone is unkind, either online or in person.
- Identifying a grown-up to talk to is important. Students will be asked to think of at least 3 safe adults.
- When bullying behavior happens and you tell a grown up, that is called REPORTING. Tattling is when you're trying to get someone else in trouble, but REPORTING is when you're trying to keep yourself or someone else safe.
- Claire offers 9 Kindness Tips that can work in-person or online: Show kindness; Ask questions; Notice kindness; Block, report and take screenshots; Talk to a grown-up; Talk to the person; Name your Feelings; Take care of your mental health; Be an UPSTANDER!
- They encourage students to find the right tools for themselves.

Resources

Vermont Family Network's
Bullying and Harassment
[Information Packet](#)

[British Red Cross Kindness
Resources](#)

[Mental Health Foundation](#)

[Stomp Out Bullying During
COVID-19](#)

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Have a good resource you'd
like to share? Email Karen at:
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