



# Social & Emotional Learning

PROMOTING EMOTIONAL AND EDUCATIONAL SUCCESS

## HISD SEL Bully Prevention Week

October 19<sup>th</sup> – 24<sup>th</sup> 2020



October is Bullying Prevention Month. Join the HISD SEL Department on October 19<sup>th</sup> – 24<sup>th</sup> as we raise awareness and bring attention to a growing epidemic of bullying and social isolation. Young people who experience bullying may pull away from society, struggle with learning and social development, or choose to hurt themselves or others. We encourage campuses to participate virtually and encourage students and parents to join in to help prevent bullying.

<b>Monday</b> <b>Oct. 19</b>	<b>Mask Monday</b>	Some students face “Mask Bullying!” Let’s reassure students that being safe and wearing your mask helps to keep everyone safe.
<b>Tuesday</b> <b>Oct. 20</b>	<b>Random Acts of Kindness</b>	Start a Random Acts of Kindness movement and ignite students, teachers and families by doing kind acts at home or in their community.
<b>Wednesday</b> <b>Oct. 21</b>	<b>Unity Day – Wear Orange to Prevent Bullying &amp; Promote Kindness, Acceptance and Inclusion in schools &amp; online.</b> <b>#hisdunityday2020</b>	Come together in one giant <b>ORANGE</b> message of hope and support, WEAR AND SHARE <b>ORANGE</b> to color our nation, and even the world, visibly showing that our society believes that no child should ever experience bullying. <a href="#">Click here: Unity Day Planning Guide</a>
<b>Thursday Oct.</b> <b>22</b>	<b>Positivity Selfie Wall</b>	Display a school-wide Positivity, Kindness, or Smile Wall where students can post positive messages, compliments, and notes of encouragement.
<b>Friday</b> <b>Oct. 23</b>	<b>Let’s Stop Cyberbullying</b>	Discuss ways to recognize cyberbullying and how to develop an action plan. <a href="#">Click here for more resources: Cyberbullying Resources</a>



# Social & Emotional Learning

PROMOTING EMOTIONAL AND EDUCATIONAL SUCCESS

## Elementary Activities

### HISD October Anti-Bullying Awareness Month

#### PROMISE 2 START WITH HELLO

Set up a virtual 'Name Tag' station and have students and staff create homemade name tags to wear throughout the week. Greet students and staff by name in virtual classrooms and in the building. Don't forget your smile even if it's behind your mask.

Teachers can show student created Start with Hello Week videos to inspire and engage students more deeply in the Start with Hello message and impact.

**Elementary Exemplar:** [Mary Bryan Elementary School: Say Hello to Make a Difference in the World](#)

#### PROMISE 2 REACH OUT AND HELP

Put students in charge of setting-up a bulletin board in their virtual classroom, where they can share notes and stories about how they reached out and helped someone else, or, they themselves were a recipient of help.

##### Helping Hands

Design a lesson for all students in the school to trace and cut-out a copy of their hands and create a Helping Hands wall. Have students write or draw ways they can reach out and help others on the hand and display the hands in a highly visible area of the school. Incorporate different variations of the word 'help' in English and other languages and reinforce the use of the word all day: help, helper, helpful, helping.

#### PROMISE 2 BE KIND

There are many low-cost ways to place an emphasis on kindness for all grade levels including: Solicit statements of gratitude from students and staff that can be read over morning/afternoon announcements or scrolled on a TV monitor or broadcasting system. Host a Random Acts of Kindness movement and ignite students' creativity by doing kind acts 'just because.'

As a class, view the teacher read-aloud of the book: [Kindness is Cooler Mrs. Ruler](#) by Margery Cuyler. Organize a group project and charge students with the task of publishing their own books about kindness. Read, watch, and create a book about embracing differences and promoting tolerance. Watch the K – 2 version of the book [We're All Wonders](#) for inspiration.

#### Additional Resources:

<https://www.pacer.org/bullying/classroom/elementary/ele-lesson-plan.asp>

**Crime Stoppers of Houston:** [Bullying Prevention Tips for Teachers & Parents](#)



# Social & Emotional Learning

PROMOTING EMOTIONAL AND EDUCATIONAL SUCCESS

## Middle School & High School Activities

### HISD October Anti-Bullying Awareness Month

#### PROMISE 2 START WITH HELLO

Set up a virtual 'Name Tag' station and have students and staff create homemade name tags to wear throughout the week. Greet students and staff by name in virtual classrooms and in the building. Don't forget your smile even if it's behind your mask.

Teachers can show student created Start with Hello Week videos to inspire and engage students more deeply in the Start with Hello message and impact.

**Middle School Exemplar:** [Burnet Middle School](#)

#### KINDNESS COUNTS TUESDAYS

Save a special day each week and name it 'Kindness Counts Tuesdays.' Reinforce the importance of being kind by highlighting simple actions or activities students can do each Kindness day to keep the message going. Place kind messages in your virtual classrooms to help students be mindful of kindness counts.

##### Positivity, Kindness, or Smile Wall

Display a school-wide Positivity, Kindness, or Smile virtual Wall where students can post positive messages, compliments, and notes of encouragement. The Wall can also include a Social Media aspect in which students, teachers, and administrators post a picture of themselves in front of the wall on Social Media. Show students the Kid President video about how to change the world through love and acts of kindness for an uplifting message: [Love Changes Everything](#).

#### PROMISE 2 BE KIND

There are many low-cost ways to place an emphasis on kindness for all grade levels including: Solicit statements of gratitude from students and staff that can be read over morning/afternoon announcements or scrolled on a TV monitor or broadcasting system.

##### Positivity, Kindness, or Smile Wall

Display a school-wide Positivity, Kindness, or Smile Wall where students can post positive messages, compliments, and notes of encouragement. The Wall can also include a Social Media aspect in which students, teachers, and administrators post a picture of themselves in front of the wall on Social Media. Show students the Kid President video about how to change the world through love and acts of kindness for an uplifting message: [Love Changes Everything](#).

For more activities, please visit: <https://www.pacer.org/bullying/classroom/mid-high-curr/lesson-plan.asp>