

Lessons

Week 1: What Is A Bully?	5
Have You Ever Been Bullied?	
What Is A Bully?	
Activity 1A: Let's Create A Bully!	
Have You Ever Been A Bully?	
Activity 1B: The Things That Make Me A Bully!	
Week 2: Is There A Bully In My Brain?	10
There's a Bully in My Brain	
Activity 2A: My Bully Is Showing!	
Can The Bully In My Brain Really Be My Buddy?	
Activity 2B: My Bully Is My Buddy	
Week 3: Is The Bully In My Brain There For A Reason?	16
Reasons My Bully Brain Might Be Good	
Using Your Bully Buddy To See Clearly	
Activity 3: My Bully Buddy Helps Me!	
Week 4: A Real Threat	19
We Can Think Peacefully And Wisely	
Learning The Three Ps: Prevent! Prepare! Protect!	
Activity 4: I Can Prevent A Fight!	
Week 5: An Imagined Threat	23
Recognizing An Imagined Threat	
A False Image, A False Alarm	
Activity 5A: I See The Difference!	
Week 6: 12 Ways To Walk Away With Confidence	28
Acting Wisely Instead of Out of Fear	
The First Four Ways	
Activity 6A: I'm Using My Creative Imagination	
Activity 6B: My Favorite Way To End Conflict	
Week 7: 12 Ways To Walk Away With Confidence	36
Handling A Bully With Your Mind	
The Second Four Ways	
Activity 7A: I Don't Have To Run Away!	
Activity 7B: The Bully Is My Buddy	
Week 8: 12 Ways To Walk Away With Confidence	44
Using Mind And Body Together	
The Last Four Ways	
Activity 8A: I Can Stop A Fight!	