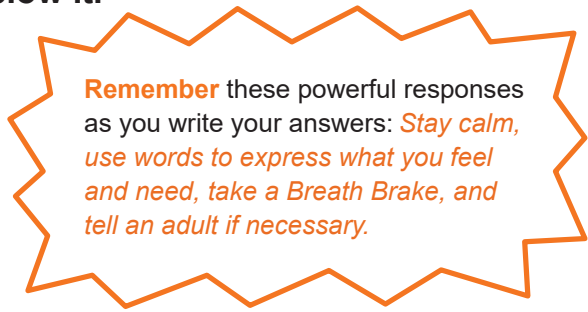


Activity Sheet - 4E: FEELING PICKED ON

Name _____ Date _____

Read each scenario, then answer the questions below it.

Scenario 1 - Jeff and Ronnie are walking down the hall. Brad walks toward them and intentionally walks right into Jeff – that’s the fifth time this week! After bumping into him, Brad says, "You better not be in my way again!"



Identify one reason why Brad may pick on Jeff:

How do you think Jeff feels? _____

How should Jeff respond? _____

Scenario 2 - The teacher calls the class to sit together on the carpet several times throughout the day. Every time Michael sits down, Leo, Samuel, and Robin make faces, giggle, and try to scoot as far away from him as possible.

Identify one reason why they may pick on Michael: _____

How do you think Michael feels? _____

How should Michael respond? _____



Activity Sheet - 4E: FEELING PICKED ON

Scenario 3 - Kacey's mom always sends her to school with snacks. For two weeks, Lisa and Tommy have asked, begged, and demanded that Kacey give them her snacks. Each day, they become more forceful - they just take the snacks, they hide the snacks when she isn't looking, and they say, "If you don't give us your snacks, we won't be your friend, and we'll tell everyone not to talk to you."

Remember these powerful responses as you write your answers: *Stay calm, use words to express what you feel and need, take a Breath Brake, and tell an adult if necessary.*

Identify one reason why they may pick on Kacey: _____

How do you think Kacey feels? _____

How should Kacey respond? _____



Bonus: Create your scenario. Think about your experience with feeling picked on or when you have bullied someone. Make up names, identify the bullying situation and write 2-3 sentences.

