

## Take a Stand

Knowing how to take a stand for others who may be bullied or picked on is valuable in friendships, families, schools, and communities. In this social emotional learning activity, your child will discuss how to take a stand for others. Then young learners will use pipe cleaners to design a symbol that reminds them to stand up for others. Geared toward kindergarten and first grade students, this activity will help give your child the tools to resist inappropriate social pressures and learn to practice empathy and mindful communication.

### What You Need:

Pipe cleaners (ideally different colors)

### What You Do:

1. Talk with your child about what it means to be bullied or picked on, and make sure you two have a shared understanding.
2. Then, ask your child, "Have you ever seen someone be bullied or picked on? What happened?"
3. Ask, "What are some things that can be done when you see someone being bullied? How does it feel to stand up for others?"
4. Share a personal story about standing up for others, such as a time you witnessed someone being bullied and intervened.
5. Show your child the pipe cleaners and explain that they will be designing something that reminds them to stand up for others who are being bullied.
6. Think of a symbol that will remind you to stand up for others, such as a flower, heart, or person.
7. Using different colors of pipe cleaners, help your child bend them into the symbol they chose.
8. Discuss how this symbol can be a daily reminder to take a stand. How will you support each other in taking a stand?
9. Have your child place their creation on their desk or on a shelf to remind them to stand up for others.