

# BULLY BEANS.

## Activity and Idea Book

*published by*



**National  
Center for  
Youth Issues**

Practical Guidance Resources  
Educators Can Trust



*This book is dedicated to all of the bystanders out there who want to make a difference!*

### **A Note To Educators**

Bullying has been a human problem since the beginning of time. Although bullying incidences occur most often when a child is in middle school, this problem is at times a challenge for all people of all ages.

The human population is comprised of 5% bullies, 10% targets (or victims) and 85% bystanders. In order to function, a bully must have power. Although bullies are few in number, their ability to take power away from others (targets) allows them to thrive. If you want to stop a bully, you must find a way to unplug their power supply. The most successful way to do that is to encourage your bystanders to work together, as the amount of power that they have collectively far outweighs the amount of power that the bully has obtained.

The purpose of this book is to offer teachers and students “hands on” activities that explore the dynamics of bullying and teach them how to prevent it from happening.

I hope you enjoy doing these activities with your students as much as I have enjoyed creating them.

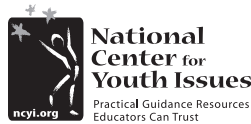
BEST!

–Julia Cook

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P.O. Box 22185  
Chattanooga, TN 37422-2185  
423.899.5714 • 800.477.8277  
fax: 423.899.4547  
www.ncyi.org

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Summary: A supplementary teacher's guide for *Bully B.E.A.N.S.*  
Full of discussion questions and exercises to share with students.

Written by: Julia Cook

Illustrations by: Anita DuFalla

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# Mirror, Mirror On the Wall

Often times, it is very hard to realize when you are a bully.

On a separate sheet of paper, answer the following questions honestly:



## Do others see me as a bully?

1. Do you ever hurt other people's feelings? If so, how?
2. Do you ever make people feel bad because of the things you say to them? If so how?
3. Do you ever make people feel bad because of what you do to them? If so, how?
4. Are people afraid of you? If so, why?
5. Would you like to be treated the way you treat others? Why or why not?
6. When you get angry, do you take it out on others? If so how?
7. Do you try to control other people by making them do things that they really don't want to do? If so how?

## Do I see myself as a target?

1. Do other people ever hurt your feelings? If so how?
2. Do other people make you feel bad because of what they say to you? If so how?
3. Do other people make you feel bad because of what they do to you? If so how?
4. Are you afraid of anyone? If so why?
5. Would you like to be treated the way you treat others? If so why?
6. When others are angry, do they take their anger out on you? If so how?
7. Do other people try to control you by making you do things that you really don't want to do? If so how?

## Am I a bystander?

1. Do you ever see other people get their feelings hurt? If so how?
2. Do you ever see another person feel bad because of what someone has said to them? If so, how did that make you feel?
3. Do you ever see another person feel bad because of what someone has done to them? If so, how did that make you feel?
4. Do you know anyone who causes others to be afraid of them? If so who?
5. Would you like to be treated the way you treat others? Why or why not?
6. Do you know people who take their anger out on others? If so who?
7. Do you know people who try to control other people by making them do things that they really don't want to do? If so, how does that make you feel?

# Bully Beans Role Play

## CAST

- Main girl in book
- Bobbette
- Main girl in book's mom
- Winston
- Teacher
- Playground Teacher
- Bystanders

- Split class into two teams.
- Using the book *Bully B.E.A.N.S.*, have each team assign cast roles.
- Practice acting out the story. Allow kids to make and use props. Use "Bully Beans" of course!
- Have teams take turns acting out role play in front of each other—have them practice giving constructive feedback. You may want to encourage healthy competition by having independent judges come in for their performances.
- Allow student teams to perform their skits in front of other grade levels and classes.
- Make sure that each team reveals a **No Tolerance for Bullying** message at the end of all performances.



## How Many Bully Beans?

Fill a jar with bully (jelly) beans (counting them carefully as you put them in of course!)

Give each student a slip of paper to guess how many bully beans are in the jar. Make a bunch of extra slips and keep them handy. Each time you randomly see students being kind to one another and treating others with respect, hand them a slip so they can have another chance to guess. Keep this activity going for one week. The guess that is closest at the end of the week wins the jar of bully beans. Repeat for several weeks with different sized jars. Allow winners to share their BULLY BEANS with other students if they want to.