

Bully Lady-Character Building, Friendship, Empathy, & Bullying Topics

	Topic	Book
k-2		
Lesson 1	Empathy	Stand In My Shoes
Lesson 2	Bullying & Inclusion	One
Lesson 3	Bystander Impact & Trauma	Red
Lesson 4	Empathy & Inclusion	We're All Wonders
Lesson 5	Mindfulness	Charlotte and the Quiet Place
6-8-Prezi Presentations		
Lesson 1	Bullying 101	Bully Birds Presentation
Lesson 2	Empathy	Shoes of a Target Presentation
Lesson 3	Bullying 201& Trauma	Caveman
Lesson 4	Cyber Issues	Digital Citizenship
Lesson 5	Cyber Issues	Cyber Safety
Lesson 6	Empathy & Trauma	Winds of Change "Shoes"
Lesson 7	Power & Control	You've Got the Power
Lesson 8	Power & Control	Let's Make a Power Deal
Lesson 9	Bully Prevention	Standing Up For Yourself & Friends
Lesson 10	Trauma and Resilience	Brain Games
Mindful activities-Variety levels		
	Being Present & Mindful	What Does It Mean To Be Present? K-3
	Guided Meditation	Imagination 3 k-5
	Mindfulness	Sitting Still Like a Frog k-5
	Breathing, Meditation & Relaxation	Breathe, Chill k-5
	Mindfulness strategies	Master of Mindfulness read aloud 3 rd -4 th
	Mindfulness	Master of Mindfulness Prezi 5 th -8 th grades
	Guided Meditation	Imagination 3 k-5