



# Educator Guide: Bookshelf Shuffle Game

## **Recommended for Grades:**

6<sup>th</sup>

## **Time:**

10 minutes

## **Prerequisites:**

For students to be successful in the Bookshelf Shuffle Game, students would benefit from participating in the following activities:

- Welcome to Newbridge Activity (6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade)
- Act Now! Activity (6<sup>th</sup> grade)

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

## **Learning Objectives:**

After completing this activity students will be able to:

1. Describe what a comeback is.
2. State the difference between a friend and a frenemy.

## **Activity Description:**

The Bookshelf Shuffle Game is a word scramble game designed to reinforce various terms associated with bullying. Students are presented with terms where the letters are scrambled. The goal is for students to place the letters in the correct order. Hints in the form of definitions and explanations of each term are given to help students figure out the word.



## Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Bookshelf Shuffle Game. You may choose to use this list in any way that fits your needs.

- Bully – someone who uses their power to pick on or harm others repeatedly and on purpose
- Bystander – someone who sees bullying happening
- Comeback – a way to stand up for yourself verbally without being aggressive
- Confidence – feeling sure of yourself and your abilities
- Fear – an unpleasant emotion caused by the belief that someone or something is dangerous or a threat in some way
- Frenemy – someone who claims to be your friend, but then is sometimes mean or hurts your feelings
- Friend – someone who likes you for who you are, is there to help you when you need them and supports you
- Gossip – details about someone that are not true, or haven't been confirmed to be true but are spread around anyway
- Respect – having consideration for other people
- Snitching – telling an adult about something that's not very important just to get someone in trouble
- Telling – talking to a trusted adult about a serious situation, such as bullying
- Tolerance – the willingness to accept feelings, habits or beliefs of others that are different from your own
- Trusted adult – a grown up you can go to for help
- Victim – someone who is bullied by others
- Zink the Zebra – a zebra who has spots instead of stripes

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Effects of Bullying

## Bullying Hurts Everyone

Children who are bullied may:

- Feel insecure
- Avoid school
- Have trouble learning

As they grow up, children who have been bullied may:

- Be depressed
- Have low self-esteem
- Have health problems
- Get poor grades
- Think about killing themselves

Those who have observed bullying may feel:

- Afraid
- Powerless to help
- Guilty for not helping
- Pressure to join in

Children who bully are more likely to:

- Get into fights
- Damage property
- Drop out of school

Children who bully often get involved in other behaviors like:

- Breaking rules
- Stealing
- Carrying a weapon
- Drinking alcohol and smoking at young ages

Repurposed from <http://www.stopbullying.gov> and <http://www.olweus.org/public/effects-bullying.page>



# How to Tell if Your Child May Be Involved in Bullying

## What Is Bullying?

Bullying is when someone hurts someone else on purpose. A lot of the time it happens more than once. Some things to know about bullying are:

- **There is a difference in power:** Kids who bully use their power to control or hurt someone's body or feelings. Their power might be strength or being more popular than others.
- **It is repeated:** Most of the time bullying happens more than once.
- **It is done on purpose:** Bullying happens when someone means to do it. If a child doesn't mean to bump into another child in the hall, that is not bullying.

Bullying includes actions like:

- Making threats
- Spreading rumors
- Hurting someone
- Not letting someone join a group

Bullying is learned, and respect must also be learned. Children copy what they see other children and adults doing. Try to set a good example.

## Signs Your Child Is Being Bullied

Look for changes in your child. Some children who are bullied may not show warning signs. Some signs that bullying might be a problem are:

- Unexplained injuries or bruises
- Lost or ruined clothes, books, school work, art or toys
- Headaches or stomachaches, feeling sick or faking illness to avoid school
- Changes in eating, like skipping meals or eating a lot
- Lower grades, loss of interest in school or not wanting to go to school
- Loss of friends or being left out
- More angry words or actions after seeing certain classmates or coming home from school
- Nervous behaviors like chewing nails or pulling out hair
- Becoming more withdrawn or fearful



## Why Don't Kids Ask for Help?

Many times, kids don't tell an adult that someone is hurting or scaring them. Kids don't tell adults for many reasons:

- Bullying can make a child feel helpless.
- They might not want to be seen as a tattletale.
- They may be afraid of the child who bullied them.
- They may be afraid they will get in trouble.
- They may fear losing friends.

## How Can You Find Out if Your Child Is Being Bullied?

Ask your child:

- Is something or someone scaring you or making you upset?
- Are you ever afraid to go to school? Why?
- Does anyone make you sad at school? Why?

## What Can You Do to Get Your Child Help?

If you think your child needs help, don't ignore the problem. To deal with bullying at school, work with teachers and other school staff.

Always start with the classroom teacher. If the problem continues, the next step is to go to other administrators (counselor, principal or superintendent). If the bullying is happening outside of school, talk with the adult in charge. This may be a coach, club advisor or group leader.

## Signs a Child May Be Bullying Others

A child may be bullying others if they:

- Are being bullied by someone at home, in the neighborhood or at school
- Get into physical or verbal fights
- Have friends who bully others
- Blame others for their problems and make excuses for their actions
- Test limits or break rules
- Need to control others and situations



## How to Tell if Your Child Is Showing Bullying Behaviors

You can:

- Attend parent teacher meetings.
- Ask your child how school is going.
- Ask your child about their friends.
- Watch your child play with others.

## If Your Child Needs to Talk to Someone

If your child is a victim or is showing bullying behaviors, they may need to talk to someone. Start with your child's school and see what resources they have. Check with your health care providers to see if they can share where you can find help.

Repurposed from <http://www.stopbullying.gov>. More information for parents and caregivers, children and educators may be found at this site.



# Snitching Versus Telling

## Snitching and Telling Are Not the Same Thing

Snitching is when a child tells an adult about something another child did that is not going to hurt anyone. A lot of the time, it is about something that does not matter. It is done to get the other child in trouble.

Example: LaToya tells her teacher that she thinks Javon is looking at her in class.

Telling is when a child tells an adult about a serious situation where someone could get hurt.

Example: Joel hears Sam in the hall saying he's going to beat up his classmate. Joel finds Ms. Jones and tells her what he heard.

## Talk With Your Child about Snitching and Telling

Use these questions to get started.

1. Can you tell me about a time that you used telling to get help from an adult?
2. Can you tell me about a time that you snitched to try to get someone in trouble? Have you ever heard someone else snitch?

Repurposed from Bullying Prevention Program, WI Department of Public Instruction  
© August 2010



# Comebacks

## Three Types of Comebacks

Using assertive comebacks allows you to stand up for yourself without getting into a fight. Using the example of being told “You’re dumb,” here are three types of comebacks:

1. No-reaction comeback: Say “Thanks for sharing that with me,” “So what?” or “Whatever” in a normal, flat tone of voice. This response works because it shows that the bullying is not upsetting you.
2. Agreement comeback: Say “Yeah, but I was even dumber last week!” or “If you say so” in a normal voice. This response works because you are not arguing with the person bullying you and that makes them feel less powerful.
3. Strong, assertive comeback: Say “Knock it off!”, “Back off!” or “Leave me alone!” in a strong, assertive voice. Sometimes you need to be direct with the person bullying you and let them know that what they are doing is not ok.

*Repurposed from: Bullying Prevention Program, WI Department of Public Instruction, © August 2010*



# Transcript

## Instructions

Welcome to the Bookshelf Shuffle!

Unscramble the terms by dragging each of the letters to the correct spot on the bookshelf. You will receive up to three clues for each term and five hints to use throughout the game. If you drag a letter to the wrong spot you will get a strike. Five strikes and the game is over. The faster you unscramble the terms, the higher your score will be. Try to unscramble all of the terms. Good luck!

*Below are the words in the order that they will appear along with the three clues that will appear for each word.*

1. Fear
  - a. A common emotion
  - b. Being bullied can make you feel this
  - c. A reason victims of bullying may skip school
2. Bully
  - a. Picks on others
  - b. More likely to end up with a criminal record
  - c. Targets those who are different
3. Victim
  - a. May look or act differently than others
  - b. May miss school
  - c. May feel very alone
4. Friend
  - a. Supports you
  - b. Likes you for who you are
  - c. Is there to help when you need them
5. Gossip
  - a. Can spread quickly
  - b. Usually untrue or rumors
  - c. Might be spread by word of mouth or online
6. Respect
  - a. Helps people who are different get along
  - b. Important to have for others, if you want it for yourself
  - c. Without it, bullying can take over a school



7. Frenemy
  - a. May appear to be a friend
  - b. Is often mean to you
  - c. Friend + Enemy
8. Telling
  - a. Finding a trusted adult
  - b. Allows you to get help
  - c. Must do this when dangerous situations arise
9. Comeback
  - a. A way to stand up for yourself
  - b. Telling the bully to knock it off
  - c. An effective way to get a bully to leave you alone
10. Snitching
  - a. Trying to get someone in trouble
  - b. Is sometimes considered tattling
  - c. About something that doesn't really matter
11. Bystander
  - a. Sees bullying happening
  - b. Could step in and help the victim
  - c. Sometimes they join in on bullying
12. Tolerance
  - a. Zink's message is about this
  - b. Leads to less bullying
  - c. Acceptance of differences
13. Confidence
  - a. It takes this to confront bullies
  - b. A sense of self-respect
  - c. It can discourage bullying
14. Trusted Adult
  - a. Someone you can go to for help
  - b. Someone who you know will support you
  - c. Probably older than you
15. Zink the Zebra
  - a. Teaches about respect
  - b. Is different but is true to herself and a good friend to others
  - c. Has spots instead of stripes

### Game ending

Congratulations! You have unscrambled all of the terms and completed the Bookshelf Shuffle.



# Acknowledgements

Thank you for providing dedication, passion and leadership:

Les Weil – Zink the Zebra Foundation

Thank you to students from the following schools:

Alliance School, Milwaukee, WI

Congress School, Milwaukee, WI

James Madison Memorial High School, Madison, WI

Milwaukee Public Schools, Milwaukee, WI

Oregon Middle School, Oregon, WI

Thomas Jefferson Middle School, Madison, WI

Verona Middle School, Verona, WI

Waukesha Public Schools, Waukesha, WI

Wauwatosa Public Schools, Wauwatosa, WI





Contact us:

**Children's Wisconsin  
E-Learning Center**

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

