



Educator guide: Kickin' it game

Recommended for grades:

4th

Time:

5 minutes

Prerequisites:

In order for students to be successful in the game, students would benefit from participating in the following lessons:

- What is bullying? lesson (4th grade)
- Action lesson (4th grade)
- Care lesson (4th grade)
- Tell lesson (4th 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.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this activity, students will be able to:

1. Identify the three factors usually present in bullying as 1) intentional, 2) repeated over time and 3) an imbalance of power.
2. Identify bullying behaviors, given written scenarios.
3. Define the three roles (bully, victim, bystander) in an act of bullying.
4. Identify whether someone is tattling or telling when given a written scenario.



Activity description:

Kickin' it is a fun trivia-style game in which students play virtual kickball to beat the defending champions. Each correct answer results in a single, double or triple. Each incorrect answer results in an out. If they outscore the other team before getting three outs, they win. This activity is a great way for students to assess their knowledge on bullying prevention.

Vocabulary:

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

- Bully – someone who intentionally tries to hurt another person
- Bullying – when a person hurts another person on purpose (bullying is intentional, usually repeated over time and there is usually an imbalance of power)
- Bystander – someone who observes a bullying situation happening
- Comeback – a way to stand up for yourself verbally without being aggressive
- Cyberbullying – the use of technology to bully, which often happens outside of school and involves a phone, tablet or computer
- Direct bullying – bullying that is done face to face, including name-calling, insults, threats, physically harming someone and damaging someone's personal property
- Friend – someone who supports you, likes you for who you are and is there to help when you need them
- Indirect bullying – bullying that is done behind someone's back, including spreading rumors about someone at school or on the internet, excluding someone and gossiping
- Trusted adult – a grown-up at home, school or other safe place that you can go to for help
- Victim – the target of a bully

Supplemental activity: Anti-bullying contract

Objectives:

After completing this activity students will be able to:

- Demonstrate advocacy by signing an anti-bullying contract and role-modeling anti-bullying behavior.

Materials needed:

- Paper
- Pens/pencils
- Class rules

Time required:

20 minutes

Instructions:

In this activity students will create and sign an anti-bullying contract.

Based on your classroom rules, create an anti-bullying contract. If you prefer, you can use the sample contract found on the next page. Each student and their parent or caregiver should sign the contract. Keep all signed contracts in a binder for the school year.

Hold a class discussion about why it's important to role model the behaviors outlined in the contract. Remind students that there are many younger students in the school that look up to the 4th graders and see them as role models.



Anti-bullying contract

Student and parent or caregiver agreement

Everyone has the right to feel safe at school. I will do everything I can to be friendly to others and include others in all activities.

Student's responsibility:

I promise that I will not bully others. When I witness bullying, I will report it to an adult.

Student's name

Grade

Teacher

Date

Parent or caregiver's responsibility:

I promise to teach my child to always respect others. I have taught my child not to bully. I have told my child to report any bullying to an adult.

Parent or caregiver signature

Date



Transcript

Questions are generated randomly as the game is played. Students will only see the question feedback if they answer incorrectly. If they answer correctly they will simply hear if they scored a single, double or triple and if any runs scored.

Instructions

Welcome to Kickin' It! Your team is losing five to nothing in the final inning. Use your anti-bullying knowledge to come back and win. Answer questions correctly to move the runners around the bases. Watch out – answer incorrectly and you're out! Make three outs and the game is over.

Bullying is always intentional.

- a. **True**
- b. False

Remember, bullying is always intentional.

Bullying can hurt another person's:

- a. Feelings
- b. Body
- c. Belongings
- d. **All of the above**

Bullying can hurt a person's feelings, body and belongings.

When bullying occurs there is usually a difference in power.

- a. **True**
- b. False

When bullying occurs there is usually a difference in power.

Chelsea picked up Leah's textbook and hid it so Leah would be unable to find it. This is not the first time Chelsea has done this. Would this be considered bullying?

- a. **Yes**
- b. No

Because Chelsea has done this before and her actions are intentional this would be an example of bullying.

Hurrying out of school, Andrew knocked down Josh. He shouted back “Sorry!” as he ran off. Would this be considered bullying?

- a. Yes
- b. No**

It appears that Andrew did not mean to knock Josh down, and he apologized. This would not be considered bullying.

A person who repeatedly hurts someone on purpose is known as a:

- a. Victim
- b. Bully**
- c. Bystander

A person who repeatedly hurts someone on purpose is a bully.

Jason just got glasses. All day at school Max kept squinting at him and calling him four eyes. Jake sits between Jason and Max. He couldn't miss what was going on. In this situation, Jake would be the:

- a. Victim
- b. Bully
- c. Bystander**

Jake was a bystander.

After whispering about it during practice, the whole team, except Kieran, left together for ice cream. This is not the first time this has happened. In this situation, Kieran would be the:

- a. Bystander
- b. Victim**
- c. Bully

Kieran is a victim.

Two ways to take action to stop a bullying situation are to:

- a. Speak up and seek help**
- b. Resist and fight back
- c. Say nothing and walk away
- d. Hide and do nothing

The best way to take action is to speak up and seek help.



Assertively telling the bully to “leave me alone” is an example of a:

- a. No reaction comeback
- b. Agreement comeback
- c. Strong assertive comeback**

This would be an example of a strong assertive comeback.

When you use an agreement comeback, you are not giving the bully the response that they’re looking for.

- a. True**
- b. False

An agreement comeback can be effective because the bully is not getting the response that they want.

Just responding to a bully with “so what?” in a normal voice would be an example of a:

- a. Agreement comeback
- b. No reaction comeback**
- c. Strong assertive comeback

This would be an example of a no reaction comeback.

You can seek help from trusted adults or your friends to help stop a bully situation.

- a. True**
- b. False

Trusted adults and even your friends can help you in a bullying situation.

Bullying can be dangerous.

- a. True**
- b. False

Bullying is serious and can be very dangerous.

To help stop bullying, it is important to tell a trusted adult when you see it.

- a. True**
- b. False

Even if you handle a bullying situation on your own, it’s important to make an adult aware of what’s going on.



Tattling is just another name for telling.

- a. True
- b. False**

Tattling is usually done just to get someone in trouble. Telling is when there's a serious situation and someone could get hurt.

Travionne came in from recess and reported to the teacher that Demetrious stopped and took a really long drink of water. This is an example of:

- a. Telling
- b. Tattling**

This is an example of tattling.

Michael has been watching Simon push Brian around all the time. He hasn't been sure what to do. Today he decided to talk to his mother about it. This is an example of:

- a. Telling**
- b. Tattling

This is an example of telling.

Someone who observes a bullying situation is a:

- a. Bully
- b. Victim
- c. Bystander**
- d. Friend

Someone who observes a bullying situation is a bystander.

The target of a bully is known as the:

- a. Victim**
- b. Bully
- c. Bystander
- d. Friend

The target of a bully is known as the victim.

A bullying situation will always include:

- a. An intent to hurt**
- b. Physical force
- c. Mean words

A bullying situation will always include an intent to hurt someone.



Bullying is typically not repeated over time.

- a. True
- b. False**

Bullying is usually repeated over time.

To minimize a bullying situation, the best thing to do is nothing.

- a. True
- b. False**

If you do nothing, the bullying will most likely continue.

Direct bullying is often done behind someone's back.

- a. True
- b. False**

Direct bullying is usually done face to face.

Which of the following is an example of indirect bullying?

- a. Threats
- b. Insults
- c. Spreading rumors**
- d. Name calling

Spreading rumors is an example of indirect bullying because it's done behind the victim's back.

Which of the following is an example of direct bullying?

- a. Excluding someone
- b. Gossiping
- c. Damaging someone's personal property**

Damaging someone's personal property is an example of direct bullying.

Indirect bullying usually takes place:

- a. Behind someone's back**
- b. Face to face

Indirect bullying is usually done behind someone's back, not face to face.



Someone who intentionally tries to hurt another person is a:

- a. **Bully**
- b. Victim
- c. Bystander
- d. Friend

Someone who intentionally tries to hurt another person is called a bully.

When using a no reaction comeback, you should respond calmly, as if the bully is not bothering you at all.

- a. **True**
- b. False

When using a no reaction comeback you must remain calm and act like the bully is not bothering you at all.

If a bully is making fun of you and you respond by saying “Yeah, you’re probably right”, you are using which type of comeback?

- a. No reaction comeback
- b. **Agreement comeback**
- c. Strong assertive comeback

This would be an example of an agreement comeback.

The point of using a strong assertive comeback is to let the bully know that they are not bothering you.

- a. True
- b. **False**

The point of using a strong assertive comeback is to let the bully know that what they are doing is not acceptable and that you’re not going to put up with it.

Which of the following can show a victim that you care?

- a. Helping the victim get away from the bully
- b. Talking to the victim later on
- c. Inviting the victim to join your group
- d. **All of the above**

All of the above can show a victim that you care.

Offering to go with the victim to report the bullying shows that you care.

- a. **True**
- b. False

Offering to go with the victim to report the bullying is a great way to show that you care.



Even if you don't step in and stop the bullying situation, talking to the victim after it happens shows that you care.

- a. **True**
- b. False

Talking to the victim after a bullying situation does show that you care.

Which of these is usually done just to try and get someone in trouble?

- a. **Tattling**
- b. Telling

Tattling is usually done just to try and get someone in trouble.

Telling is done when there is a serious situation and someone could get hurt.

- a. **True**
- b. False

Telling is done when there's a serious situation. Tattling is done just to try and get someone in trouble.

All bullying situations should be considered serious and an adult needs to be told.

- a. **True**
- b. False

All bullying situations should be considered serious and an adult does need to be told.

Yesterday after school James shoved Ty out of his way. Today at recess James threatened to beat up Ty after school. Ty's friend, Mike, saw it all. In this situation, who is the bully?

- a. Ty
- b. **James**
- c. Mike

James is the bully in this situation.

Sarah is having a birthday party this weekend. She did not invite Haley, even though she usually hangs out with her at school. Sarah and some of her friends are talking about the party in front of Haley on purpose just to make her feel bad. Is this bullying?

- a. **Yes**
- b. No

Trying to make someone feel bad on purpose is definitely bullying.



You've been watching Kate and Alison passing notes and whispering about Deana all week. You can tell that it's really starting to bother Deana. You decide to talk to your teacher about it. This is an example of:

- a. Tattling
- b. Telling**

This would be an example of telling because it looks like Deana is being bullied.

If you invite someone to join your group that means that they're your new best friend.

- a. True
- b. False**

Inviting someone to join your group doesn't mean you have to be their new best friend, but it's a great way to make that person feel included.

Game over (Win)

Way to go! You came back and won! If you would like to play again, click the play again button.

Game over (Lose)

You played hard, but you didn't score enough runs to win. Click the play again button to try again.

Game over (Tie)

You came close, but this game ends in a tie. Click the play again button to try again.



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Contact us:

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

(866) 228-5670

healthykids@childrenswi.org

