



Educator guide: “We Will Rise” song

Recommended for grades:

4th grade

Time:

3 minutes

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.
- Standard 8: Advocate to promote health and well-being of self and others.

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

Activity description:

“We Will Rise” is an inspiring hip hop song, written and performed by The Figureheads, that talks about standing up to bullying by encouraging those who have been exposed to bullying to stand up together and share their stories. No one should feel alone. Students can be encouraged to get up and dance along with the song. Some find playing the song can be a great way to start each day. It may also be fun for each student to get a copy of the song lyrics to sing along, think about what the lyrics mean or even to inspire writing their own song!

The Figureheads is a Parents' Choice Gold Award winning musical act providing powerful and positive messages for youth about lifelong learning, healthy relationships and personal development. For assembly and workshop or artist residency booking, contact Jeremy at figureheadsinc@gmail.com or 414-520-3275 or [Facebook.com/figureheadsinc](https://www.facebook.com/figureheadsinc).



Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the “We Will Rise” song activity. 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
- Victim – the target of a bully

“We Will Rise” Lyrics

We hold these truths to be self-evident
We are all equal and we represent
The rights with which we've been endowed
That's why we say it loud: Yeah, no bullying allowed

With a spring in my step and my swag on togetherness
I climb to the peak with my peeps like Everest
We're braving the weather even when it gets cold
And encouraging each other when one of us feels alone
Cuz we've all been hurt, rejected and burnt
But through all the struggles there's something that we can learn
That it doesn't pay to stay lost on our way
That we have to share our pain if we're gonna sustain
So if you've been a victim, or even a bystander
It's time to tell your story. It's time for you to stand up
And not let what someone else has done
To hold you back from what you are to become
And if you've been a bully, it's time to come clean
Start again and make friends instead of enemies
It's time to break the silence, and time to find a balance
So love can overpower verbal and physical violence

Chorus:

We will rise together no matter the weather, we will rise
Our stories are interwoven, enfolded, we will rise
It's time to hold the line
We will rise together no matter the weather
We will rise together no matter the weather, we will rise
Our stories are interwoven, enfolded, we will rise
It's time to hold the line
We will rise, we will rise, we will rise

Now the time has come to undo what's been done
With forgiveness shining like beams of the sun
From within our heart of hearts yeah that's where it starts
Now, let's join together let no one tear us apart
No, not even ourselves, not even our problems
Not even our monsters, goons and goblins



Don't let hate rob you of your potential
Let it go, and feel the flow of love, it's torrential
Raining on our relationships, till we're soaked in peace
Dripping with joy, with all our pain to release
So don't be afraid to talk about what you've seen
Whatever you've experienced no matter how mean
Cuz bullying keeps happening, yeah it gets repeated
It happens on purpose and hurts worse if it stays secret
So speak it, even if it feels weird to share
Cuz change requires courage yell this into the air

Chorus

We hold these truths to be self-evident
We are all equal and we represent
The rights with which we've been endowed
That's why we say it loud: no bullying allowed
We will rise



Supplemental activity: Similarities and differences

Objectives:

After completing this activity, students will be able to:

- Recognize that everyone is different, but that each student has something in common with at least one other student

Time required:

15 minutes

Instructions:

In this activity students will learn about similarities and differences in their classmates. It is important for students to recognize and appreciate that everyone is different. Read each statement aloud and have students stand if the statement holds true for them. If the statement does not hold true for them, they should stay seated.

1. Please stand if you live in the city of _____.
2. Please stand if you are under the age of 11.
3. Please stand if you've ever lived outside of this state.
4. Please stand if you have a pet.
5. Please stand if you have a sibling.
6. Please stand if you have other relatives living with you. For example, an aunt, grandfather etc.
7. Please stand if you are the oldest child in your family.
8. Please stand if you enjoy reading.
9. Please stand if you enjoy dancing.
10. Please stand if you are having a good day today.
11. Please stand if you get at least 9 hours of sleep most nights.
12. Please stand if your favorite season is winter.



13. Please stand if you have allergies.
14. Please stand if you like playing sports.
15. Please stand if you enjoy listening to music.
16. Please stand if you eat breakfast every day.
17. Please stand if your favorite food is pizza.
18. Please stand if your favorite subject is math.
19. Please stand if you or your family speaks another language.
20. Please stand if you have blond hair.
21. Please stand if you have brown eyes.
22. Please stand if you've ever seen someone being bullied.

After completing the activity discuss with students the fact that very few statements held true for everyone in the class. Everyone comes from different families, has different interests and looks different. This is a good thing. However, people are often bullied simply because they are different in some way. It is important to acknowledge and accept our differences.

If time permits, pair students up. Ask each student to talk with his or her partner and figure out at least one thing that they have in common and at least one thing that makes them different. Encourage students to delve deeper than physical similarities and differences. Ask for volunteers to share what they discovered with the class.

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>



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