**This week I might try:**

***To deal safely with bullying***

**I’ll try to remember that there are ways to respond to a bully that might not make the situation worse.**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **If I’m confronted by a bully this week, I’ll try to:** | **Day****1** | **Day** **2** | **Day****3** | **Day****4** | **Day****5** |
| 1. **Stay calm**
 |  |  |  |  |  |
| 1. **Stay away**
 |  |  |  |  |  |
| 1. **Hang out with friends**
 |  |  |  |  |  |
| 1. **Have some comebacks ready**

 |  |  |  |  |  |
| 1. **Not bring expensive things/lots of money to school**
 |  |  |  |  |  |
| 1. **Tell an adult!**
 |  |  |  |  |  |

**Some good ways to stay calm are:**

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Take a deep breath

Squeeze my hands together

Count slowly to 10