**This week I might try:**

***To Stop Bullying***

**I’ll try to remember that there are 3 things I can try if I am bullying someone.**

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



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **I Can Stop Bullying:** | **Day****1** | **Day** **2** | **Day****3** | **Day****4** | **Day****5** |
| 1. **Think back to when someone hurt me. How did it feel?**

 |  |  |  |  |  |
| 1. **Think about what I said or did to someone else. Was it helpful or hurtful? What can I do differently next time?**

Image result for lips talking clipart |  |  |  |  |  |
| 1. **Ask an adult for help**

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