

C.A.R.E.

Monthly Topics

September, October and November

Rule #1: I will not bully people.

Friendship:

- Introduce the program and the importance of not having bullying in our school.
- Define Bullying. What does it look like. How does it make you feel?
- Using polite language towards others.
- Appropriate time and place for conversations.
- Appropriate physical space.
- What is a friend?
- How to be a good friend.
- Who are our friends?
- How do we treat our friends?
- Why would people bully?
- Bullying vs. rough and tumble
- Talk about feelings and ways to handle anger.
- Diversity
- Friendship

December and January

Rule #2 I will help people.

Feelings:

- How are we helpful and kind to others?
- Random acts of Kindness
- How do you handle someone else being bullied? What would you do?
- How to support people who are bullied?
- What to say to that person?
- Ways that we see bullying at Enger.
- Introduce feeling words.
- How do you feel when _____?

February and March

Rule #3 I will include people that are left out.

Social Skills:

- turn taking
- sharing
- helping others
- playing with others
- What does it mean to be left out?
- Do people want to be left alone?
- How to make a friend and be a good friend.
- How to include others in your game/activity.
- What does it mean to show good sportsmanship?
- How are you a team player?
- Introductions/Initiating conversations

April and May

Rule #4 I will tell an adult if people are mean?

- Discuss being an advocate for yourself and others.
- Who are the people that provide support in the community.
- How to communicate to adults.
- Telling vs. Tattling
- What adults are you comfortable talking to?
- Work on role play.