**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](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwi6-tP_rYTVAhVKHT4KHRDFAxsQjRwIBw&url=http://www.gograph.com/clipart/mouth-or-lips-talking-gg64201976.html&psig=AFQjCNFXjHyHRIn_A_ugy9lCtExfaCPoMQ&ust=1499970011308850) |  |  |  |  |  |
| 1. **Ask an adult for help** |  |  |  |  |  |