

## **BE STRONG Lesson Plan**

### **Objective**

To practice and reinforce the BE STRONG strategies for avoiding, deflecting or diminishing bullying.

### **Materials**

8 sheets of paper (8 ½ X 11) each with one of the BE STRONG letters (laminated if possible)

8 index cards per group of 4-6 students

Write one of the following letters - B, E, S, T, R, O, N, G – on each of the 8 index cards in each set.

**Read and discuss the BE STRONG book in small groups.**

### **Activity #1**

In groups of 8 or as one large group, make a circle around the 8 sheets of paper (each with one letter, B, E, S, T, R, O, N, or G) all letters face down. Taking turns, one student picks up a letter, identifies it, states what it means within the BE STRONG strategy and gives a quick example of how to use that strategy. The student then replaces the letter face down. Repeat the process.

### **Activity #2**

Be Strong Scavenger Hunt:

Divide students into groups of 4-6 for each scavenger hunt team. Give each team a set of the letter cards. Then release all teams to find an object within the classroom space that corresponds with each of the 8 letters. (Examples: B-ball, E-eraser, etc.) When all groups have completed the task bring them together to share what they have found. Example of how they should share: B-ball, Be a buddy, have a buddy.

### **Come Full Circle**

Discuss the questions at the end of the book. Review the Four Awesome Questions found on the book's inside back cover.