



Bullying Feelings Into Action

Card Labels

<p>1. Choose a Situation Card</p> <p>(something happens... or create your own bullying-related situation)</p>	<p>2. Choose a Feeling Card</p> <p>(how might you feel in that situation? or create your own)</p>
<p>3. Choose a Want Card</p> <p>(what would help you if you were in that situation with those feelings? or create your own)</p>	<p>4. Create an Action Card</p> <p>(write a card to show what you will do to help a person/situation)</p>



Bullying Feelings Into Action: Situation Cards

Please select or create cards appropriate for your audience. Also include BLANK CARDS of same color

I'm at a party and everyone is drinking/smoking and I don't want to	Someone in class passed around a list of "ugly people" and my name was on it	My locker was vandalized with permanent marker saying "Go back to your own country"
I don't have anyone to sit with at lunch and everyone is looking at me walking through the quad with my tray	When I raised my hand in class the teacher said she wasn't going to call on me because no one was interested in hearing from me	I went through a whole day at school and not one single person spoke to me. It was like I was invisible
The person I really like is pressuring me to do sexual things I feel uncomfortable about	Someone posted mean pictures of me on social media and now everyone is sharing them	I see one person in my class constantly being bullied by other kids
No matter what I post on my feed, I keep getting hurtful comments	I can't remember the last time I felt like I belonged here	My friends say I can come to the party this weekend but only if I bring alcohol/drugs for them
I'm so behind and confused in class so I stop participating or doing my homework and no one notices	My teacher says we have to work in groups but no one wants to be my partner	In Gym the captains picked teams for the game and I was the last chosen again



Bullying Feelings Into Action: Feeling Cards

Please select or create cards appropriate for your audience - tip: Print 2-3 copies

Angry	Disgusted	Isolated	Shocked
Annoyed	Eager to please	Lonely	Silenced
Ashamed	Embarrassed	Mad	Startled
Battered	Empty	Manipulated	Stressed
Betrayed	Enraged	Nothing	Stunned
Bitter	Exhausted	Overwhelmed	Surrounded
Cold	Explosive	Pathetic	Threatened
Conned	Hollow	Powerless	Underwater
Cornered	Hopeless	Pressured	Waning
Dead	Horrificed	Pushed	Wanting
Depressed	Humiliated	Rebellious	Wishful
Desperate	Insignificant	Revolted	Worried

Bullying Feelings Into Action: Want Cards

Please select or create cards appropriate for your audience. Also include BLANK CARDS of same color.

Listen to me	Shoulder to cry on	Tell me a joke
An ally	Safe place	Cheer me up
Something to think about	Invite me to sit with them	Get me a treat
Push me to get help	Get me help	Ask me how I feel
Someone to say "This isn't ok"	Tell an adult / someone in authority	Someone to stand with me when I take action
Just be with me	Advice	Not giving advice

Bullying Feelings Into Action: Action Cards

Create BLANK CARDS of a new color

Action I will take to make this better:	Action I will take to make this better:
Action I will take to make this better:	Action I will take to make this better:
Action I will take to make this better:	Action I will take to make this better:
Action I will take to make this better:	Action I will take to make this better:
Action I will take to make this better:	Action I will take to make this better:
Action I will take to make this better:	Action I will take to make this better: