



WORLD  
CHILDREN'S  
DAY



# 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      | Horrified       | 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: |