



4-1-3 Quick Guide to Breakout Activities for Lesson on *Bystander Effects*

Reading aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how it relates to the idea of bystander effects (not standing up for others). Children may draw pictures of the story as they listen.

- *The Juice Box Bully: Empowering Kids to Stand Up For Others* by Bob Sornson and Maria Dismondy
- *Ella the Elegant Elephant* by Carmela D'amico and Steve D'amico
- *Chrysanthemum* by Kevin Henkes

Physical activity: The children will explore bystander effects and cooperative play.

1. **Freeze Tag:** How fast will you help? Pick a volunteer to be “It.” The child who is It races around the room tagging other children. Once tagged, a child is frozen until another child crawls between their legs to free them. The goal is to notice when someone is frozen and race to help them! Switch who is “It” every five minutes to give plenty of opportunities to volunteer chasers.
2. **Hula Pass:** This game encourages children to work together and use creative thinking. The whole group holds hands and tries to pass a hula-hoop by stepping through it and “passing” it to the person next to them. The goal is to get the hula-hoop completely around the circle without breaking hands. Everyone needs to support each other. Once you succeed, try to beat your time.
3. **Caterpillar Races** - Divide the class into four teams (two teams will sit out and cheer on the other teams as they take turns). The two active “racing” teams must sit down in a line with their knees bent and keep a hold of the ankles of the person behind them. Mark a finish line and once the whistle is blown, teams must scoot along, without letting go of the ankles of the person behind them, scooting forward and inching along like a caterpillar until they reach the finish line.

Drama/Theater activity: The children will create a two-part skit about this week’s theme, which is *Bystander Effects*. Below are the prompts for each part.

- Part one: Your community is holding a tryout to join a sports team. It can be any sport you choose (i.e. basketball, cheerleading, soccer). One of the kids who is trying out trips and falls while everyone is watching. The child cannot get back up. Nobody helps, and some people make fun of the child who fell. The coaches are angry and cancel tryouts.
- Part two: This is the same scenario as above. However, when the child trips and falls, some bystanders decide to help. How do they help? What do the coaches do? What happens?

Visual Art Activities: Kids will do art projects that promote being allies instead of bystanders.

- **Chain of helpers:** Cut strips of colorful construction paper. Have children decorate the strips with their own names and the names of people they care about. As each child finishes decorating a strip, have them loop it through the chain and seal it with tape. Display the long “chain of helpers” to show how children that they are connected to many helpers.



- **Collage of kindness:** Have each child draw a picture of an act of kindness that they can do to be helpful at home or in their community (feeding a pet, cleaning a spill, eating lunch with a lonely child). Assemble all the drawings together on a wall to make a collage of kindness. Encourage children to do the acts of kindness in real life over the next few days and share stories about their experiences.