



### 5-1-3 Quick Guide to Breakout Activities for Lesson on *Bullying vs Social Conflict*

**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 bullying or normal social conflict. Children may draw pictures of the story as they listen.

- [The Recess Queen by Alexis O'Neill](#)
- [Spaghetti in a Hot Dog Bun: Having the Courage to Be Who You Are by Maria Dismondy](#)
- [Ella the Elegant Elephant by Carmelo D'amico](#)

#### **Physical activities for working through social conflict:**

- **My Ball, Your Ball:** You need 3 hula hoops and a lot of tennis balls. Divide children into three teams. Lay three hula hoops on the ground and put the same number of balls in each hula hoop. Teams have 2 minutes to “steal” balls from other teams’ hula hoops and deposit them inside their own. Team with the most balls after two minutes wins. Repeat.
- **Communication Relay Race:** Divide kids into two lines. Set up two cones about 25 feet away. Kids will each take a turn running around the cone and back *while facing backwards or while wearing a blindfold*. The rest of the kids on the team will communicate to the runner how far to go and when to turn around. The first team to have everyone finish wins.
- **Architects and Bulldozers:** There are 2 teams – Architects and Bulldozers. Set up a lot of cones in a wide-open space. When you call “go”, the Bulldozers race onto the field to knock over cones, using their hands only. The Architects race to put the cones back upright. Each player keeps track of their own points (1 point for each cone either knocked over or picked up). After 5 minutes, teams stop and add up their points. Honesty is important. The team with the most points is the winner. Repeat.

**Drama/Theater activity:** The children will create skits about this week’s theme, which is *Bullying vs Social Conflict*. Below are prompts.

- **Bake sale buddies:** You and your friends are planning a healthy bake sale (whole grain muffins, fruit and protein bars, high fiber cookies, etc.) to raise money for a children’s hospital. Everyone is arguing about who will be partnered up to work together on baking items. Nobody wants to be partners with Tracy, who is upset. How does it all work out?
- **Camp conflict:** Two old friends – Ben and Ash - are attending the same summer camp. At camp, Ash becomes friends with a new group of popular kids. Ash tries to include Ben, but the popular kids don’t like Ben and try to push Ben out. What happens?

**Visual Art activity:** Kids will do art projects that are affirming and supportive.

- **Body full of wonder:** Each child lays on butcher paper while an adult or peer traces their outline. Children identify positive words about themselves to write or draw in their own outlines. Then children go around the room and write one positive word or draw one positive image that applies to the other children in their outlines. Kids can decorate their tracings.
- **Tissue paper collage of new self-image:** Provide children with a piece of cardstock, glue, and multiple sheets of brightly-colored tissue paper. Have children imagine that each piece of tissue paper represents their insecurities and doubts. Children will rip tissue paper into small pieces to destroy negative self-talk and recreate a new, positive self-image by gluing the ripped-up pieces onto a piece of cardstock and making something whole and beautiful.