



## H-E-B BUDDY LEAGUE TRAINING ACADEMY CLASSROOM VIDEO ACTIVITY GUIDE

### HOW TO USE THIS ACTIVITY GUIDE:

Teachers, use this Activity Guide along with the interactive H-E-B Buddy League Training Academy Classroom Video that is posted online at [heb.com/league](http://heb.com/league). You can stream the Classroom Video online—all you need is a computer with Internet (YouTube) access. The Classroom Video and this Activity Guide are tools that were created especially for you to use in your classroom with your students to enforce the message of Be a Buddy, Not a Bully. Use the resources in your H-E-B Buddy League Kit to compliment this Classroom Video.

### MATERIALS NEEDED:

- Computer with Internet (YouTube) access
- The video has audio so ensure you have speakers
- White Board/Chalk Board for Activity #2
- A blank sheet of paper and a pencil per student for Activity #2

### TIME NEEDED:

The H-E-B Buddy League Training Academy Classroom Video is approximately 30 minutes in length, plus the time you need to facilitate the two activities; however, you can choose to show the entire Classroom Video during the course of a week, showing a few minutes each day. You can show the video at your own pace.

**INSTRUCTIONS:** During the H-E-B Buddy League Training Academy Classroom Video, there are two activities for your class to complete. You will be prompted when it is time to pause the video. Once you have paused the video, read the following script to help the kids complete these activities.

## PAUSE VIDEO

### CLASSROOM ACTIVITY #1

**TEACHER SAYS:** For this Pop Quiz, I'll read the question twice, and then we'll take a vote. As I'm reading the question, think the answer in your head without making any noise. I'll let you know when it's time to vote on the answer. We will start with a practice question.

**"Every day on your school bus, a kid makes fun of your friend for being small. Now your friend is scared to ride the school bus. Is this bullying?"**

I'll read it one more time. **(repeat)**

Hmm... let's go through those questions that Bonny's teacher gave her.

1. Did the person do it on purpose? **(Students - "yes!")**
2. Did it hurt somebody's feelings or body? **(Students - "yes!")**

Okay, now let's vote on the answer. Raise your hands if you think that "Yes," this is bullying. **(Students raise hands)**

This is correct!

Well done, recruits. I have to say... I'm impressed. But that was just a practice. NOW it's time for the REAL quiz. Let's see if you have what it takes. Your Pop Quiz starts NOW!

**"Jasmine is a new student who just moved here from another country. At recess, some of the girls in her class have been calling her 'weird,' since she speaks with an accent." Is this bullying? I'll read it one more time. (repeat)**

Raise your hands if you think that "Yes," this is bullying. **(Students raise hands)**

Awesome job, everyone!! YES it was bullying, because the girls in her class were teasing her for having a different accent. We should NEVER make fun of someone for being different than us. Okay, next Question! This one is a tough one!

**"Some of the kids in your class were playing together at recess. You wanted to join their group, but no one asked you to... Is this bullying? This is a tough one, so I'll read it one more time. (repeat)**

Raise your hands if you think that this might NOT be bullying. **(Students raise hands)** Great job recruits. No, this is NOT bullying. BUT, we should ALWAYS try to include people whenever we can — it never feels good to be left out.... For ANYONE!

Okay, last question! **"Brittany loves to read, but sometimes reading is hard for her. Her classmate laughs and makes fun of Brittany every time she is asked to read out loud in class." Is this bullying? I'll read it one more time. (repeat)**

Raise your hands if you think that "Yes," this is bullying. **(Students raise hands)** The answer is yes, this is bullying. You should never make fun of someone else.

Amazing job recruits! You have officially passed your Pop Quiz!

## RESUME VIDEO



## PAUSE VIDEO

### CLASSROOM ACTIVITY #2:

(Each Student will need a blank sheet of paper and a pencil for this activity.)

**TEACHER SAYS:** Raise your hands if you can think of a trusted grown up that you can go to for help. (**Teachers:** Write the answers the kids provide on the White Board/Chalk Board as they say them out loud — make a list of at LEAST five trusted grown-ups — feel free to make this list as long as you'd like!)

Okay, now I am going to teach you all a trick that you can try — a trick to remind you that if you need help, or if you see someone else who needs help, there are ALWAYS trusted grown-ups around to lend you a Helping Hand.

All you need for this trick is a blank sheet of paper and a pencil. Put your hand on a piece of paper and trace the outside of your hand. Then write the name of one trusted grown-up you know in each.



(**Teachers:** Facilitate to ensure all kids are tracing their hands and filling in all five fingers.)

If there is ever a time when you see someone being bullied, or maybe you are being bullied and you're not sure what to do, you can ALWAYS go to one of those trusted grown-ups for a Helping Hand!

## RESUME VIDEO