



Educator Guide: Kickin' It Game

Recommended for Grades:

4th

Time:

10 minutes

Prerequisites:

For students to be successful in the game, students would benefit from participating in the following lessons:

- Bullying Lesson (4th grade)
- Take Action Lesson (4th grade)

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this activity, students will be able to:

1. Identify the three factors usually present in bullying as 1) intentional, 2) repeated and 3) an imbalance of power.
2. Recognize bullying behaviors.
3. Recognize the difference between bullying and conflict.
4. Define cyberbullying.
5. Describe two different ways that a bystander can help someone being bullied.
6. Identify whether someone is tattling or telling when given a written scenario.



Activity Description:

Kickin' It is a fun trivia-style game in which students play virtual kickball. Students will use their knowledge on bullying prevention to answer questions. Each correct answer results in a single, double or triple. Each incorrect answer results in an out. If they outscore the other team before getting three outs, they win.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Kickin' It Game. You may choose to use this list in any way that fits your needs.

- Bully – someone who intentionally tries to hurt another person
- Bullying – when a person hurts another person on purpose (bullying is intentional, usually repeated over time and there is usually an imbalance of power)
- Bystander – someone who observes a bullying situation happening
- Comeback – a way to stand up for yourself verbally without being aggressive
- Conflict – a disagreement that occurs when there are differences in opinions, needs, wants, values or ideas, and can usually be solved by talking, listening and finding a way to fix the problem together
- Cyberbullying – the use of technology to bully, which often happens outside of school and involves a phone, tablet or computer
- Physical bullying – hurting someone's body or their things
- Social bullying – hurting someone's relationships or reputation
- Tattling – telling an adult about something that is not very important, usually just to get someone in trouble
- Telling – telling an adult about a serious situation where someone could get hurt
- Trusted adult – a grown-up at home, school or other safe place that you can go to for help
- Upstander – someone who sees a bullying situation happening and actively takes steps to intervene, support the victim or make things right
- Verbal bullying – using words to hurt or scare someone

Transcript

Instructions

Welcome to Kickin' It! Your team is losing five to nothing in the final inning. Correctly answer questions about bullying to come back and win. Answer incorrectly and you'll make an out! Make three outs and the game's over. Before you get started your coach would like to give the team a pep talk. Click the continue button to listen in.

Pep talk – slide 1

Alright team, we have one inning left. If we want to win this game we need a quick refresher on bullying prevention. We all know how hurtful bullying can be, to our feelings, bodies and belongings. And it hurts everyone, not just the person who is being bullied.

Bullying is mean or hurtful behavior done on purpose to make someone feel bad or unsafe. And let me be clear. It is intentional. It is repeated over time and there is an imbalance of power.

Conflict is different than bullying. Conflict is a normal part of life, and it can happen when there are differences in opinions, needs, wants, values or ideas. Conflicts can be solved by talking, listening and finding a way to fix the problem together.

Pep talk – slide 2

Now there are different types of bullying. Physical bullying is hurting someone's body or their things. So things like:

- Hitting
- Kicking
- Spitting
- Tripping
- Pushing
- And taking or breaking someone's things.

Verbal bullying is when a person uses their words to hurt or scare someone. It includes things like:

- Teasing
- Name-calling
- Saying inappropriate things about someone's body
- Taunting
- And threatening to hurt someone.



Social bullying means hurting someone's relationships or reputation by doing things like:

- Leaving a person out on purpose
- Telling everyone not to be friends with someone
- Spreading rumors
- And embarrassing someone in public.

Then there's cyberbullying, which is bullying that takes place over digital devices like cell phones, computers and tablets. So, using technology to repeatedly harass, threaten or embarrass someone. It includes things like:

- Texting, emailing or sending mean, threatening or rude messages to someone
- Posting mean, embarrassing or hurtful things about someone online
- And commenting on social media posts in a hurtful, negative way.

Pep talk – slide 3

Bystanders are the ones who see bullying when it happens. So if you ever see someone being bullied, be an upstander and do something to help. Show the person being bullied that you care by helping them out of the situation or find an adult to help. And it's not tattling if you're telling an adult about a serious situation, like bullying. Because tattling is usually done to try to get someone in trouble over something that's not very important. But telling is when there's a serious situation and someone could get hurt. All bullying situations are serious and an adult needs to be told.

If you find that you're the one being bullied try using a comeback to get out of the situation. A comeback is just a quick or witty reply that can be effective without being aggressive.

Pep talk – slide 4

Alright, team, that's what you'll need to know to eliminate bullying and lead us to victory. Now get out there and have some fun! Oh, and if you need a quick refresher click the notes button any time during the game for a quick review.

Game questions

Questions are generated randomly as the game is played.

Bullying is always intentional.

- a. True
- b. False

Remember, bullying is always intentional.



When bullying occurs there is a difference in power.

- a. True
- b. False

When bullying occurs there is a difference in power.

Bullying only affects the person who is being bullied.

- a. True
- b. False

Bullying affects everyone involved, not just the person who is being bullied.

Bullying can hurt another person's:

- a. Feelings
- b. Body
- c. Belongings
- d. All of the above

Bullying can hurt another person's feelings, body and belongings.

Chelsea is always hiding Leo's things at school. Her and her friends think it's funny, but it upsets Leo. Would this be considered bullying?

- a. Yes
- b. No

Because Chelsea has done this before and her actions are intentional this would be an example of bullying.

Hurrying out of school, Andrew knocked down Josh. Over his shoulder he yelled "Sorry!" as he ran off. Would this be considered bullying?

- a. Yes
- b. No

It appears that Andrew did not mean to knock Josh down, and he apologized. This would not be considered bullying.

After whispering about it during practice, the whole team, except Kieran, left together for ice cream. This is not the first time something like this has happened. What type of bullying is this:

- a. Verbal bullying
- b. Social bullying
- c. Physical bullying

Leaving a person out on purpose is social bullying.



A bullying situation will always include:

- a. An intent to hurt
- b. Physical force
- c. Mean words

A bullying situation will always include an intent to hurt someone.

Posting mean, embarrassing or hurtful things about someone online is considered:

- a. Physical bullying
- b. A comeback
- c. Cyberbullying

Posting mean, embarrassing or hurtful things about someone online is considered cyberbullying.

What is it called when someone uses technology to repeatedly harass, threaten or embarrass someone?

- a. Doom scrolling
- b. Cyberbullying
- c. Profile surfing
- d. Physical bullying

Cyberbullying is when someone uses technology to repeatedly harass, threaten or embarrass someone.

Conflict is a normal part of life.

- a. True
- b. False

Conflict is a normal part of life.

Which of these can be solved by talking, listening and finding a way to fix the problem together?

- a. A bullying situation
- b. A conflict situation

Conflict can be solved by talking, listening and finding a way to fix the problem together because everyone involved has equal power and the situation is two-sided.

What question could you ask yourself to decide if a situation is bullying or conflict?

- a. Do I care about the people involved?
- b. How does each person involved feel?
- c. Where is the situation happening?

Ask yourself how each person feels because if both people are frustrated, angry or sad it's probably conflict. But if only one person feels that way it could be bullying.

Those who witness bullying are often called:

- a. Bystanders
- b. Byliners
- c. Sidestanders

Those who witness bullying are often called bystanders.

A group of students are playing tag at recess. Today Julian's team decides to change the rules, which gives his team an advantage. The other team is upset and doesn't want the rules changed. Is this bullying or conflict?

- a. Bullying
- b. Conflict

It doesn't sound like this has happened before and there is no power imbalance so it would be conflict.

For a comeback to be effective you need to yell and be aggressive.

- a. True
- b. False

You do not need to yell or be aggressive for a comeback to be effective.

Two ways you can take action and stop a bullying situation are to:

- a. Speak up and seek help.
- b. Resist and fight back.
- c. Say nothing and walk away.
- d. Hide and do nothing.

The best way to take action is to speak up and seek help.

Assertively telling the bully to "leave me alone" is an example of:

- a. A no reaction comeback
- b. An agreement comeback
- c. A strong assertive comeback

This would be an example of a strong assertive comeback.



To help stop bullying, it is important to tell a trusted adult when you see it.

- a. True
- b. False

Even if you handle a bullying situation on your own, it's important to make an adult aware of what's going on.

Tattling is just another name for telling.

- a. True
- b. False

Tattling is usually done just to get someone in trouble. Telling is when there's a serious situation and someone could get hurt.

question 21

Trae came in from recess and reported to the teacher that Demetrious stopped and took a really long drink of water. This is an example of:

- a. Telling
- b. Tattling

This is an example of tattling.

Michael has seen Keenan push Lucas around several times. He hasn't been sure what to do. Today he decided to talk to his mom about it. This is an example of:

- a. Telling
- b. Tattling

This is an example of telling.

To minimize a bullying situation, the best thing to do is nothing.

- a. True
- b. False

If you do nothing, the bullying will most likely continue.

Which of the following can show a person who's being bullied that you care?

- a. Helping them get out of the situation
- b. Talking to them later on
- c. Inviting them to join your friends
- d. All of the above

All of these actions can show that you care.

Offering to go with someone who's been bullied to report the bullying shows that you care.

- a. True
- b. False

Offering to go with someone to report the bullying is a great way to show that you care.

Even if you don't step in and stop the bullying situation, talking to the person who was bullied after it happens shows that you care.

- a. True
- b. False

Talking to the person who was bullied after the situation does show that you care.

Which of these is usually done just to try and get someone in trouble?

- a. Tattling
- b. Telling

Tattling is usually done just to try and get someone in trouble.

Telling is done when there is a serious situation and someone could get hurt.

- a. True
- b. False

Telling is done when there's a serious situation.

All bullying situations should be considered serious and an adult needs to be told.

- a. True
- b. False

All bullying situations should be considered serious and an adult does need to be told.

Olivia is having a birthday party this weekend. She did not invite Haley, even though she usually hangs out with her at school. Olivia and some of her friends are talking about the party in front of Haley on purpose just to make her feel bad. Is this bullying?

- a. Yes
- b. No

Trying to make someone feel bad on purpose is definitely bullying.



You've been watching Ava and Bella passing notes and whispering about Sophie all week. You can tell that it's really starting to bother Sophie. You decide to talk to your teacher about it. This is an example of:

- a. Tattling
- b. Telling

This would be an example of telling because it looks like Sophie is being bullied.

Game over (Win)

Way to go! You came back and won! If you would like to play again, click the play again button.

Game over (Lose)

You played hard, but you didn't score enough runs to win. Click the play again button to try again.

Game over (Tie)

You came close, but this game ends in a tie. Click the play again button to try again.

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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

