



Social & Emotional Learning

PROMOTING EMOTIONAL AND EDUCATIONAL SUCCESS

HISD SEL Bully Prevention Week

October 14-18, 2019



Join Us October 14-18 as we raise awareness and bring attention to a growing epidemic of social isolation. Social isolation is the overwhelming feeling of being left out, lonely or treated like you are invisible. Young people who feel this way may pull away from society, struggle with learning and social development, or choose to hurt themselves or others.

Monday Oct. 14	Wear Orange & Say Hey	Wear orange to unite against bullying! Students, Staff, and Teachers print name on name tags and wear name tags all day. Address each other with "Hello (name of other person)."
Tuesday Oct. 15	Random Acts of Kindness	Start a Random Acts of Kindness movement and ignite students' creativity by doing kind acts 'just because.'
Wednesday Oct. 16	Make Hello Global	Say hello in a different language and/or teach someone how to say hello in a different language.
Thursday Oct. 17	Positivity Selfie Wall	Display a school-wide Positivity, Kindness, or Smile Wall where students can post positive messages, compliments, and notes of encouragement.
Friday Oct. 18	No One Eats Alone Day #HISDNoOneEatsAloneDay Register HERE to Participate	During lunch, student use the ice breaker cards to start conversations at the lunch table. Students invite other students at the table to participate so that no one eats alone.

Oct. 21st View a Special Video with Dr. Lathan & The Houston Texans!! For questions, please email: kwilli65@houstonisd.org



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Elementary Activities

HISD October Anti-Bullying Awareness Month

PROMISE 2 START WITH HELLO

Coordinate different clubs and sports teams to meet, greet, and say “Hello” as all students and staff enter the school building or campus. Set-up a ‘Name Tag’ station near the school entrance where students and staff can create homemade name tags to wear throughout the week.

Share resources with other teachers about the power of effective communication and the significance of a simple “Hello.” Newsela is a free resource for teachers that levels texts for all age groups. The text set entitled [Oh Hello: How We Communicate and Why Words Matter](#) is an excellent way for classroom teachers to integrate literacy skills during the month.

Teachers can show student-created Start With Hello Week videos to inspire and engage students more deeply in the Start With Hello message and impact.

Elementary Exemplar: [Mary Bryan Elementary School: Say Hello To Make a Difference in the World](#)

PROMISE 2 REACH OUT AND HELP

Put students in charge of setting-up a station, jar, bulletin board, or other area in the school and classroom where students can share notes and stories about how they reached out and helped someone else, or, they themselves were a recipient of help.

Helping Hands

Design a lesson for all students in the school to trace and cut-out a copy of their hands and create a Helping Hands wall. Have students write or draw ways they can reach out and help others on the hand and display the hands in a highly visible area of the school. Incorporate different variations of the word ‘help’ in English and other languages and reinforce the use of the word all day: help, helper, helpful, helping.

Mix It Up Day/ No One Eats Alone Day

Run a Teaching Tolerance-style Mix It Up Day or Beyond Differences No One Eats Alone Day during lunch to get students networking and mingling with students from different groups, cliques, and grade levels: [Mix It Up at Lunch](#) and [Newsela Making the Lunchroom a Friendlier Place](#).

PROMISE 2 BE KIND

There are many low-cost ways to place an emphasis on kindness for all grade levels including: Solicit statements of gratitude from students and staff that can be read over morning/afternoon announcements or scrolled on a TV monitor or broadcasting system. Host a Random Acts of Kindness movement and ignite students’ creativity by doing kind acts ‘just because.’

As a class, view the teacher read-aloud of the book: [Kindness is Cooler Mrs. Ruler](#) by Margery Cuyler. Organize a group project and charge students with the task of publishing their own books about kindness. Read, watch, and create a book about embracing differences and promoting tolerance. Watch the K – 2 version of the book [We’re All Wonders](#) for inspiration.

Link a paper chain with each of the students’ names represented on the links around the school campus or building.



Middle School Activities

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Middle School Exemplar: [Burnet Middle School](#)

KINDNESS COUNTS TUESDAYS

Save a special day each week and name it ‘Kindness Counts Tuesdays.’ Reinforce the importance of being kind by highlighting simple actions or activities students can do each Kindness day to keep the message going. Place Post It notes with compliments on lockers and distribute candy grams with reminders to be kind.

Positivity, Kindness, or Smile Wall

Display a school-wide Positivity, Kindness, or Smile Wall where students can post positive messages, compliments, and notes of encouragement. The Wall can also include a Social Media aspect in which students, teachers, and administrators post a picture of themselves in front of the wall on Social Media. Show students the Kid President video about how to change the world through love and acts of kindness for an uplifting message: [Love Changes Everything](#).

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Write and perform short skits in class to teach students about different cultures and ethnicities. Use this as a Project-Based Learning opportunity to get students working together to understand important terms such

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High School Activities

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High School Exemplar: [St. Stephen’s Tractor Shed Theater: Tractor Shed Theater SWH Video](#)

TOWN HALL MEETING

Host a Town Hall Meeting where members of the school and community-at-large are invited to participate in a dialogue about Anti-Bullying and solutions and suggestions on how to keep the message going.

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TED TALKS

Learn about the art of persuasion and gain skills in public speaking by writing TED Talks on the ‘Power of Kindness.’ Make time for students to write, practice, and deliver the TED Talks in a formal setting at the end of Start With Hello Week. Show the TED Talk entitled [The Magic of Kindness](#) by Middle School Teacher Orly Wahba.

POETRY SLAM

Invite students to create original Spoken Word poetry with the themes about Starting with Hello, Embracing Diversity, and Rejecting Racism. Use Facing History and Ourselves to [bring Spoken Word to the Classroom](#). Looking for more inspiration? Sandy Hook Promise School Outreach Coordinator has written and performed this poem: [Lets Start With Hello](#) by Erika Newman.

For More Activities Visit: <https://www.pacer.org/bullying/>