



## Books

- "Berenstain Bears Learn About Strangers," Berenstain, Jan and Stan. Random House Books for Young Readers, 1985.
- "Don't Laugh at Me," Seskin, Steve, Tricycle Press, 2002.
- "Safe Passages: A Guide for Teaching Children Personal Safety," Hull, Karla. Dawn Sign Press, 1986.
- "Your Body Belongs to You," Maude Spelman, Cornelia. Albert Whitman and Co., 2000.
- "Sorry!" Ludwig, Trudy. Tricycle Press, 2006.

## Videos

- "Chicken Soup for Little Souls." (CD). What a Wonderful World. Kid Rhino Co.

## Web sites

- American Academy of Pediatrics, [www.aap.org](http://www.aap.org)
- National Center for Missing and Exploited Children, [www.missingkids.com](http://www.missingkids.com)
- National Crime Prevention Council, [www.mcgruff.org](http://www.mcgruff.org)
- Safe Child Curriculum for Teachers, [www.safechild.org](http://www.safechild.org)

# The Power of Me

## Suggested CHEC-out activities

### 1 It's OK to get angry

Read "When Sophie Gets Angry, Really, Really Angry," by Molly Bang. Discuss ways children can deal with their anger calmly, so it doesn't escalate. Options might include breathing deeply, walking away, talking to a friend or grown-up, writing or drawing about their anger.

### 2 Signing you feelings

Discuss with your students how everyone has feelings and that we don't all feel the same way. Introduce sign language by teaching them the signs for different feelings.

### 3 Student survey

Ask students to take an anonymous survey about bullying. Possible questions could include:

- Have you ever been bullied by someone at school?
- How often have you been bullied at school?
- Where did you get bullied at school?
- What did you do?

Tabulate the answers and share the results with the class. Brainstorm and discuss strategies students can use if they are being bullied.

### 4 All about me

Using big pieces of construction paper, trace the body of each student. Allow each student to fill the body with different types of emotions using words and pictures. The student can even decorate the body with their favorite clothing or anything that comforts them during a stressful time. Discuss as a class that everyone is unique and special.