



# Small Group Activities and Follow-up Work

Based on K-12 SEL Standards and the CASEL SEL Framework

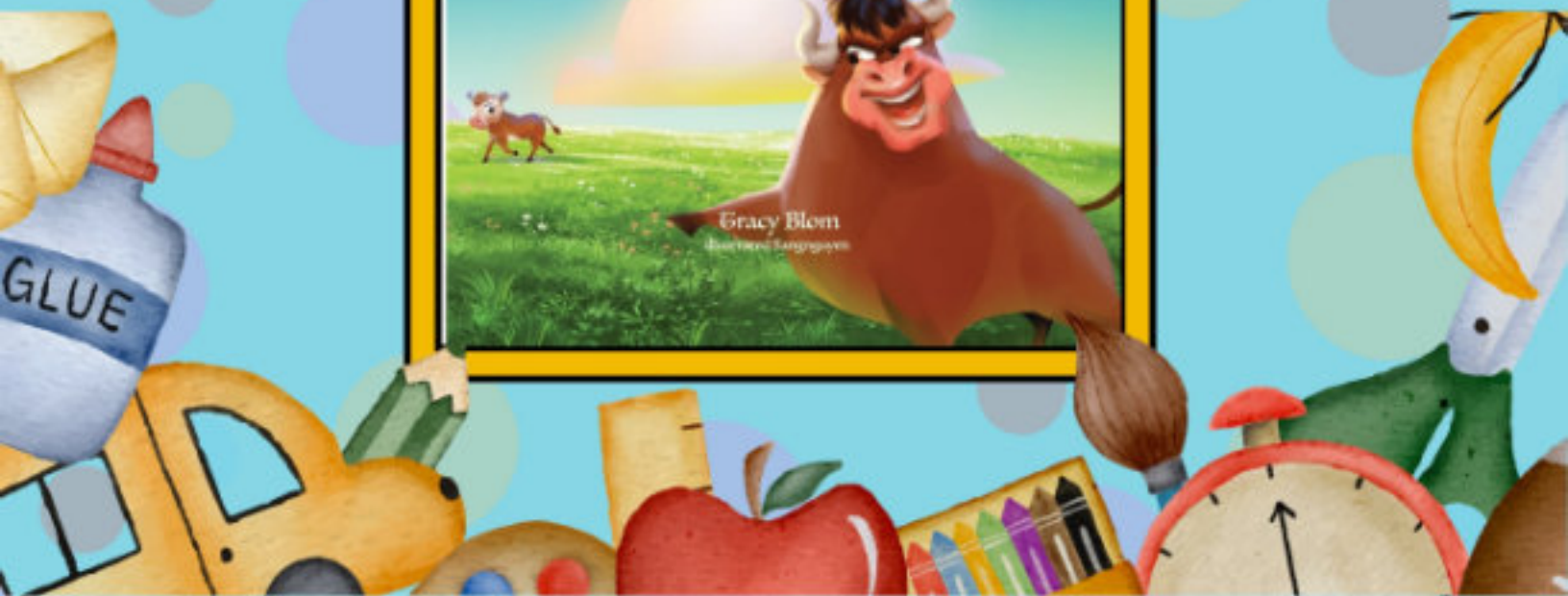
One Big Bully

Written by Tracy Blom

Illustrated by Sang Nguyen

Activity Booklet Designed by

Veronica Stanley-Hooper



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## About One Big Bully

Bully the Bull is one big bully, whose horns grow bigger every time he is mean to the others that look different than him. He feels pretty good about himself, until one day, disaster strikes and he finds that his big horns have put him in a really bad situation.

Will the others rally together to help save him even though he was so mean? Will Bully the Bull learn his lesson?

This book teaches children and adults alike about the consequences of bullying, and promotes lessons of self-acceptance, forgiveness, and embracing our differences.

## About this Activity Booklet

This activity booklet incorporates activities and follow-up practice exercises aligned with SEL Standards and the CASEL Framework, serving as the fundamental basis for an enriched learning experience.

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## Other Resources

CASEL's SEL framework fosters knowledge, skills, and attitudes across five areas of competence and multiple key settings to establish equitable learning environments that advance students' learning and development.

<https://casel.org/>



Ohio's strategic plan identifies four equally important learning domains that support the academic, personal and social development of pre-K-12 students. These learning domains include foundational knowledge and skills, well-rounded content, leadership and reasoning and social-emotional learning.

<https://education.ohio.gov/Topics/Learning-in-Ohio/Social-and-Emotional-Learning>

# Kindergarten-Second Grade



## BIG WORDS

### Teacher Directions:

After reading the book **ONE BIG BULLY**, review the character trait words below with the students. Ask them to provide examples of what each word means. (see **Resources** page 27 for printable word and definition cards)

Next, facilitate a discussion about each word by prompting students to share examples from the story where someone exhibited that specific character trait or acted in the opposite way.

Use the activity on the next page as a follow-up activity.

**Kind:** Being nice, gentle, and caring to others.

**Friendly:** Being ready to make new friends by sharing and playing together.

**Caring:** Showing kindness and concern for others.

**Helpful:** Assisting others when they need it.

**Respectful:** Treating others the way you want to be treated, using good manners, and listening to people.

**Fair:** Treating everyone equally, giving everyone a chance, and playing by the rules.

**Honest:** Telling the truth.

**Polite:** Using good manners like saying "please" and "thank you."

**Thoughtful:** Thinking about others' feelings and needs when doing something.

**Trustworthy:** Being someone others can rely on, keeping promises and being honest.

**Responsible:** Taking care of your tasks and belongings, being reliable.

**Thankful:** Being grateful for what you have and showing appreciation.

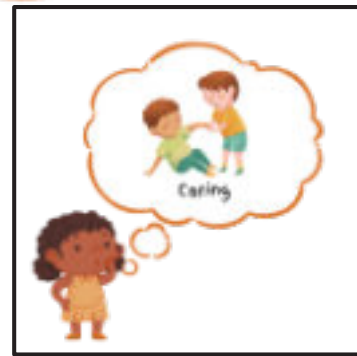


## BIG WORDS

### Directions:

Words are powerful. Bully the Bull uses words to hurt others' feelings, but words can also be used in good ways too. Choose a word from the list below, write it in the speech bubble and draw a picture of what that word might look like with a group of children your age.

Kind	Respectful	Thoughtful
Friendly	Fair	Trustworthy
Caring	Honest	Responsible
Helpful	Polite	Thankful



Example

## LEADERSHIP LADDER

### Teacher Directions:

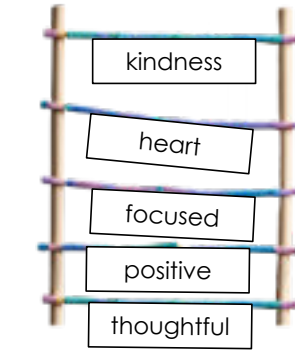
After reading the book **ONE BIG BULLY**, review the words below with the students. Ask them to provide examples of what each word means. (See **Resources** pages 30 for printable **Leadership Word Cards**)

Next, write the **criteria for success** (below) on a white board and ask the students to use the supplies available to create a **leadership ladder** with five rungs. Students should choose five words below, write them on paper, and attach one word to each rung on their ladder.

**Materials:** straws, chopsticks, popsicle sticks, chenille stems, tape, paper, markers

### Criteria for success:

- Resemble a ladder
- Have 5 rungs
- Stand on it's own for 5 seconds (or more)
- Be at least 7 inches tall
- Have one motivational word on each rung.
- Words on each rung must be different.



### Leadership Words

heart		wisdom		positive	
proud		kindness		forgiving	
cooperative		helpful		thoughtful	
teamwork		friendly		focused	

## LEADERSHIP LADDER

### Directions:

Circle all of the leadership words in the word box below then draw a picture of your favorite word in the frame. Label your picture with the word you chose.

mean	wisdom	hurtful
proud	kindness	forgiving
cooperative	helpful	bully
teamwork	friendly	selfish



My Word

\_\_\_\_\_

## ACTING UP

### Teacher Directions:

After reading the book **ONE BIG BULLY**, discuss the following questions with students.

**1. How might each of the characters below have felt when interacting with Big Bully?**

**Little Bull, Wise Bull, One-horned Bull, Spotted Bull**



Possible Answers:

**sad, annoyed, angry, worried**

(Teacher writes answers on the whiteboard.)

**2. How does feeling \_\_\_\_\_ look? (Teacher points to each word, pausing after each, to allow students time to demonstrate the appearance of each emotion with a facial expression.)**

Next, review the words on the **Emotion Cards** (found in the **RESOURCES** section of this booklet on page 33) and explain that students will choose one of the emotion cards and act out the emotion for the class while other students try to guess which emotion they are acting out.

(The game can be played with small groups acting together or individual students. Points can be given to those students (or student groups) that guess correctly.)

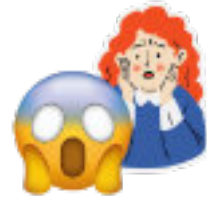


## ACTING UP

### Directions:

Match the pictures to the emotion word that best describes it by drawing a line from the word to the picture.

anger



fear



joy



love



sadness



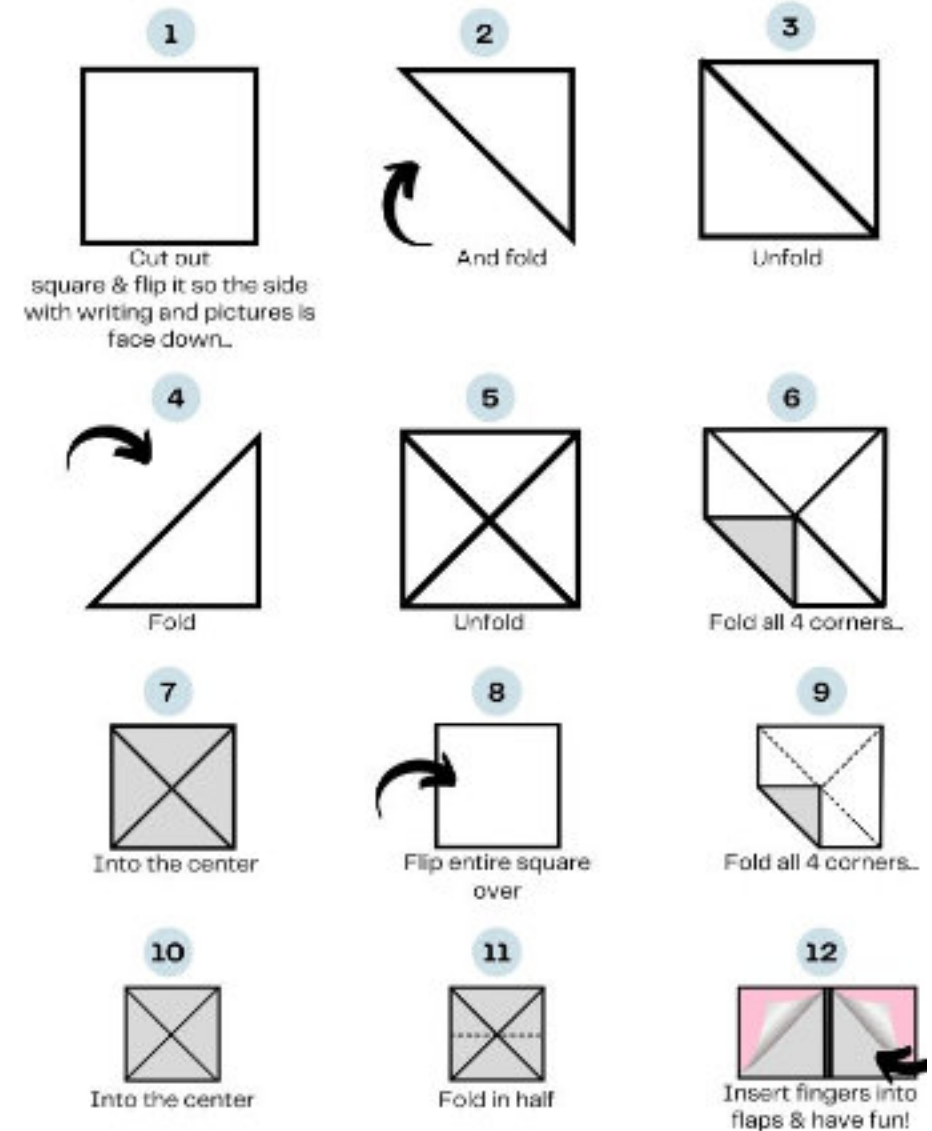
surprise



## CHATTERBOX

### Teacher Directions:

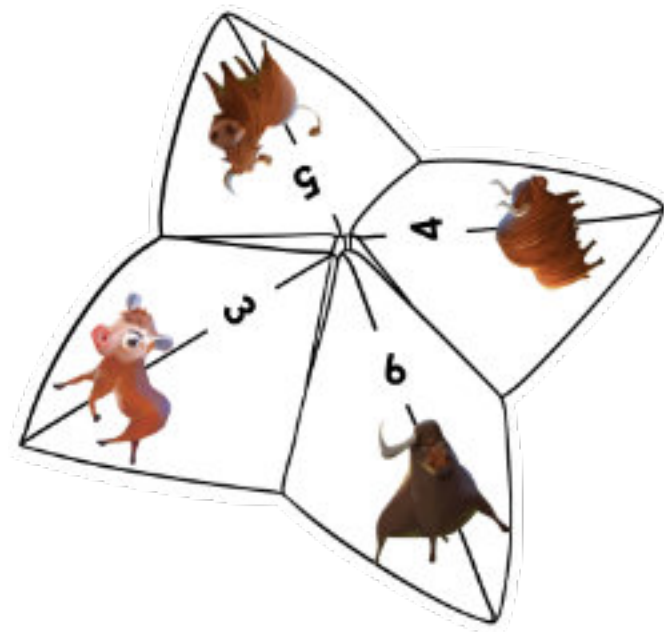
After reading **ONE BIG BULLY**, use the chatterbox template in the **RESOURCES** section on page 35 of this booklet and the directions below to assist students in creating their own chatterbox handheld game. (Print one for every student.)



## CHATTERBOX

**Demonstrate how to use the chatterbox game.**

1. Place pointer fingers and thumbs inside the outer flaps of the chatterbox.
2. Pick a Partner.
3. **Choose a Character:** Ask your friend to pick a character picture with number.
4. **Move Flaps:** Move the flaps back and forth by pinching pointer finger and thumbs together– gently pull open, then pointer fingers together and thumbs together – gently pull open. Each time you alternate the movement, count one number until you get to the number that your partner chose.
5. **Pick Again:** While the chatterbox is in the last open position, have your friend pick an emotion word. Move the flaps again according to the number above the emotion word your friend picks.
6. **Open Flap:** Have your friend choose a number again and this time open the flap that corresponds to the chosen number to reveal the message inside.
7. **Talk About It:** Read the message aloud and talk about how you might help a friend who is experiencing that situation.



## CHARACTER CHAINS

**Teacher Directions:**

After reading **ONE BIG BULLY**, display and discuss the meaning of each character word in the chart below. Then use strips of colored paper, markers, and glue to make **character chains**.

Distribute **6 colored strips of paper** to each student along with **markers and glue**. Have each student write one word from each column on their strips of paper and their name on the last paper strip. Demonstrate how to make a paper chain and allow the students to create their own **character chains**. The character chains can be displayed as-is or connected to make a large classroom chain for display.



Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision-making
Kind	Organized	Empathetic	Cooperative	Thoughtful
Brave	Calm	Friendly	Respectful	Wise
Honest	Responsible	Caring	Helpful	Considerate
Patient	Flexible	Sharing	Communicative	Safe
Curious	Persistent	Inclusive	Team player	Problem-solver

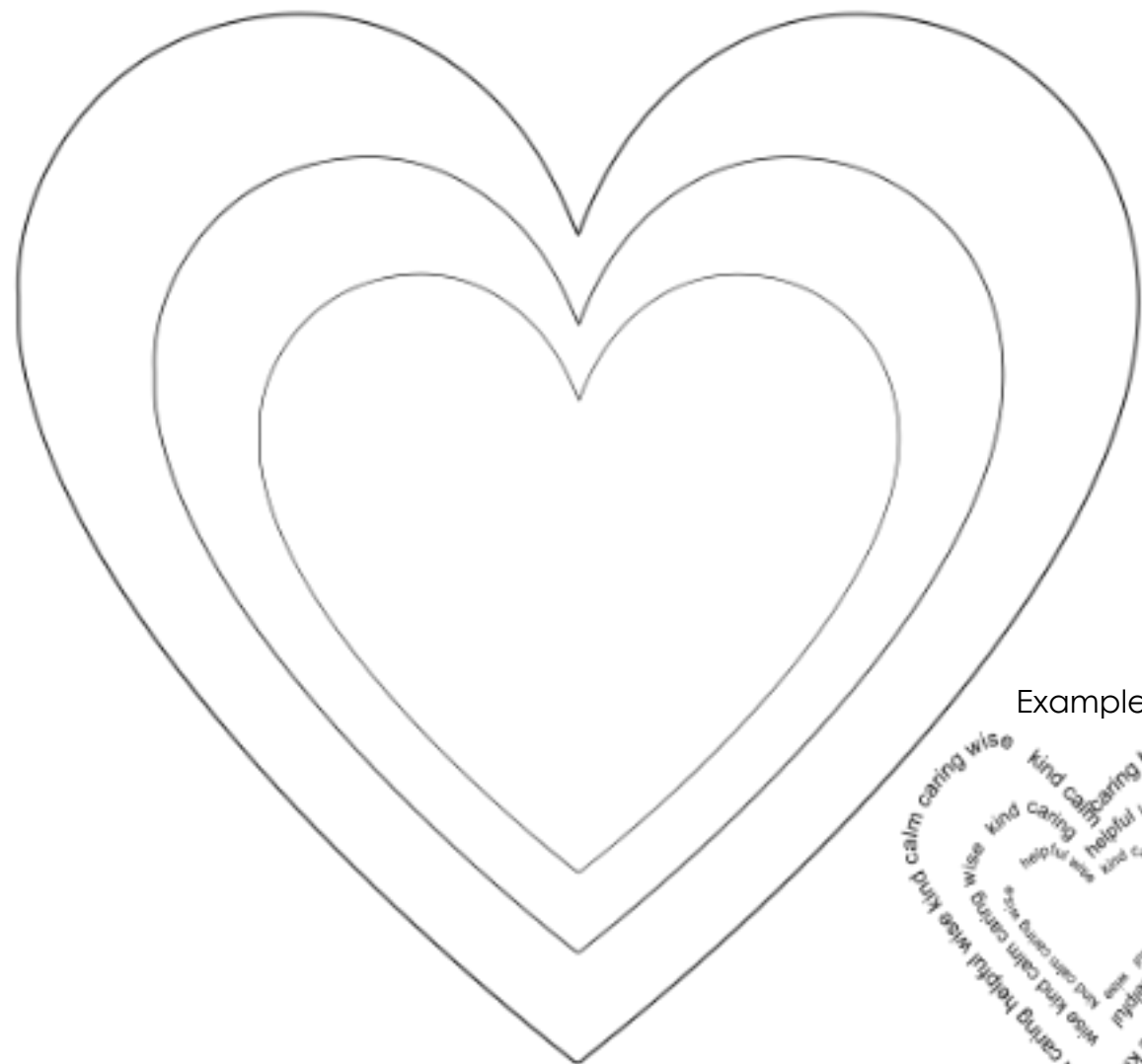


## CHARACTER CHAINS

### Directions:

Choose at least five character words from the chart below and write them onto the lines of the heart. Repeat the words until the heart is full.

Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision-making
Kind	Organized	Empathetic	Cooperative	Thoughtful
Brave	Calm	Friendly	Respectful	Wise
Honest	Responsible	Caring	Helpful	Considerate
Patient	Flexible	Sharing	Communicative	Safe
Curious	Persistent	Inclusive	Team player	Problem-solver



Example



## Third-Fifth Grade





## BIG WORDS

### Teacher Directions:

After reading the book **ONE BIG BULLY**, review the words below with students. Ask them to provide examples of what each word means either from the book or from personal experience. (see **Resources** page 28 for printable word and definition cards)

Use the activity on the next page as a follow-up activity.

**Kind:** Being nice, gentle, and caring to others.

Opposite- **Mean:** Acting in a way that is unkind or hurtful.

**Friendly:** Being ready to make new friends by sharing and playing together.

Opposite- **Unwelcoming:** Making someone feel uncomfortable or unwanted.

**Caring:** Showing kindness and concern for others.

Opposite- **Indifferent:** Not caring or showing any interest.

**Helpful:** Assisting others when they need it.

Opposite- **Uncooperative:** Not willing to work or play well with others.

**Respectful:** Treating others the way you want to be treated, using good manners, and listening to people.

Opposite- **Rude:** Behaving in a way that is not polite or respectful.

**Fair:** Treating everyone equally, giving everyone a chance, and playing by the rules.

Opposite- **Biased:** Having a strong opinion that may not be fair or open-minded.

**Honest:** Telling the truth.

Opposite- **Liar:** Someone who tells lies or does not tell the truth.

**Polite:** Using good manners like saying "please" and "thank you."

Opposite- **Impolite:** Not using good manners or being disrespectful.

**Thoughtful:** Using good manners like saying "please" and "thank you."

Opposite- **Thoughtless:** not thinking about how your actions or words might affect other people.

**Trustworthy:** Being someone others can rely on, keeping promises and being honest.

Opposite- **Unfaithful:** Not keeping promises or not being loyal.

**Responsible:** Taking care of your tasks and belongings, being reliable.

Opposite- **Careless:** Not being careful or not paying attention.

**Thankful:** Being grateful for what you have and showing appreciation.

Opposite- **Inconsiderate:** Not thinking about other people's feelings or needs.



## BIG WORDS

### Directions:

Words are powerful. Bully the Bull uses words to hurt others' feelings, but words can also be used in good ways too. Match the words below by drawing a line from the word in the column on the left to the word that means the opposite in the column on the right.



kind

friendly

caring

helpful

respectful

fair

honest

polite

thoughtful

trustworthy

responsible

thankful

indifferent

thoughtless

biased

inconsiderate

impolite

unfaithful

unwelcoming

careless

rude

liar

mean

uncooperative

## Leadership Ladder

### Teacher Directions:

After reading the book **ONE BIG BULLY**, review the words below with the students. Ask them to provide examples of what each word means. (See **Resources** page 30 for printable **Leadership Ladder Cards**)

Next, write the **criteria for success** (below) on a white board and ask the students to use the supplies available to create a **leadership ladder** with five rungs. Students should choose five words below, write them on paper, and attach one word to each rung on their ladder.

**Materials:** straws, chopsticks, popsicle sticks, chenille stems, tape, paper, markers, rulers

### Criteria for success:

The final project should-

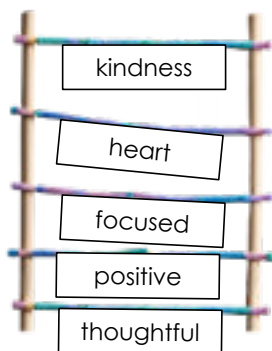
-Must resemble a ladder

-Must have 5 rungs

-Must stand on it's own for 5 seconds (or more)

-Must be at least 7 inches tall

-Must have one motivational word on each rung. Word must be different.



### Leadership Words

heart 	wisdom 	positive 
proud 	kindness 	forgiving 
cooperative 	helpful 	thoughtful 
teamwork 	friendly 	focused 

## Leadership Ladder

**Directions:** Fill in the blanks with the best words from the word box.

focused	wisdom	cooperative
proud	kindness	helpful
positive	forgiving	thoughtful
teamwork	friendly	heart



- The smallest bull showed a lot of \_\_\_\_\_ when he held Big Bully's hand.
- The oldest bull shared his \_\_\_\_\_ when he said, "If we all work together, perhaps we can get Bully out of this weather."
- Despite Big Bully's mean words, the other bulls kept a \_\_\_\_\_ attitude and worked together to free him.
- After freeing Big Bully, the other bulls felt \_\_\_\_\_ of themselves for doing the right thing.
- The one-horned bull showed \_\_\_\_\_ by moving the fallen rocks.
- All of the bulls decided to be \_\_\_\_\_ and give Big Bully another chance after he apologized.
- After the rock slide, everyone was \_\_\_\_\_ and worked together to free Big Bully.
- When he noticed Big Bully was trapped, the one-horned bull was quick to be \_\_\_\_\_ and rushed over to Big Bully.
- Big Bully was finally \_\_\_\_\_ when he apologized to the other bulls.
- Just like the characters in "One Big Bully," we can achieve great things when we use \_\_\_\_\_.
- Big Bully realized in the end that being \_\_\_\_\_ is the best way to behave.
- Despite the shaking and rumbling, the bulls remained \_\_\_\_\_ on helping Big Bully get free.

## ACTING UP

### Teacher Directions:

After reading the book **ONE BIG BULLY**, discuss the following questions with students.

**1. How might each of the characters below have felt when interacting with Big Bully?**

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Possible Answers:

**sad, annoyed, angry, worried**

**2. How does feeling \_\_\_\_\_ look? (Teacher points to each word, pausing after each, to allow students time to demonstrate the appearance of each emotion with a facial expression.)**

Next, the teacher should review the words on the **Emotion Cards** (found in the **RESOURCES** section of this booklet on page 33) and explain that students will choose one of the emotion cards and act out the emotion for the class while other students try to guess which emotion they are acting out.

(The game can be played with small groups acting together or individual students. Points can be given to those students (or student groups) that guess correctly.)



## ACTING UP

### Directions:

Choose one of the emotion words below and write a paragraph that describes a situation where a person would feel the emotion you chose. Be sure to name the emotion in your paragraph and use several examples that explain why the person would feel this way.

anger



love



fear



sadness



joy



surprise

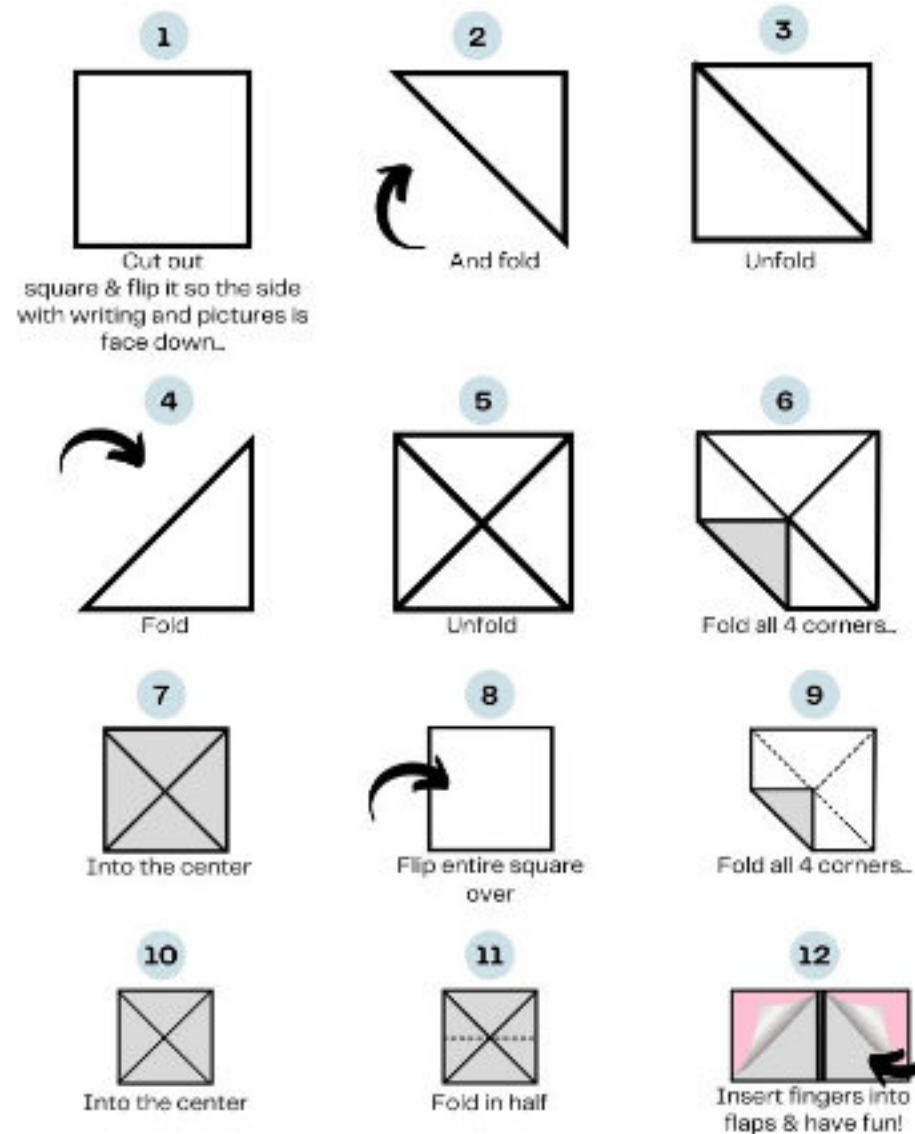


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## CHATTERBOX

### Teacher Directions:

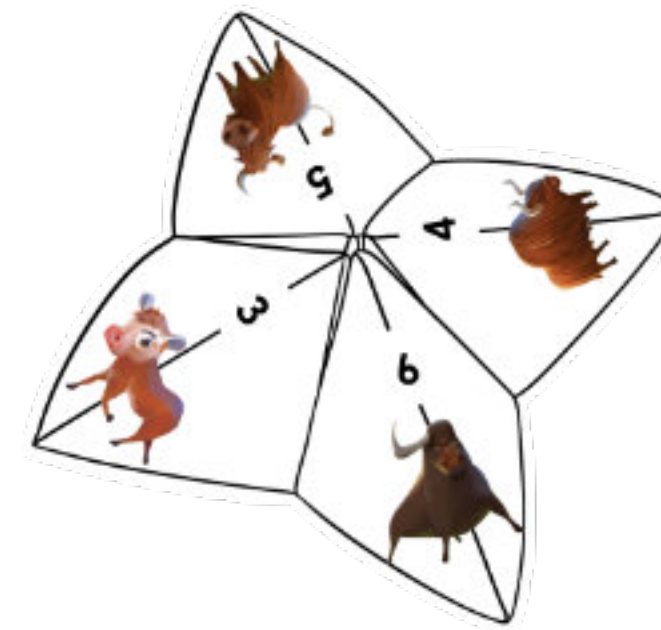
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## CHATTERBOX

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## CHARACTER CHAINS

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Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision-making
Kind	Organized	Empathetic	Cooperative	Thoughtful
Brave	Calm	Friendly	Respectful	Wise
Honest	Responsible	Caring	Helpful	Considerate
Patient	Flexible	Sharing	Communicative	Safe
Curious	Persistent	Inclusive	Team player	Problem-solver

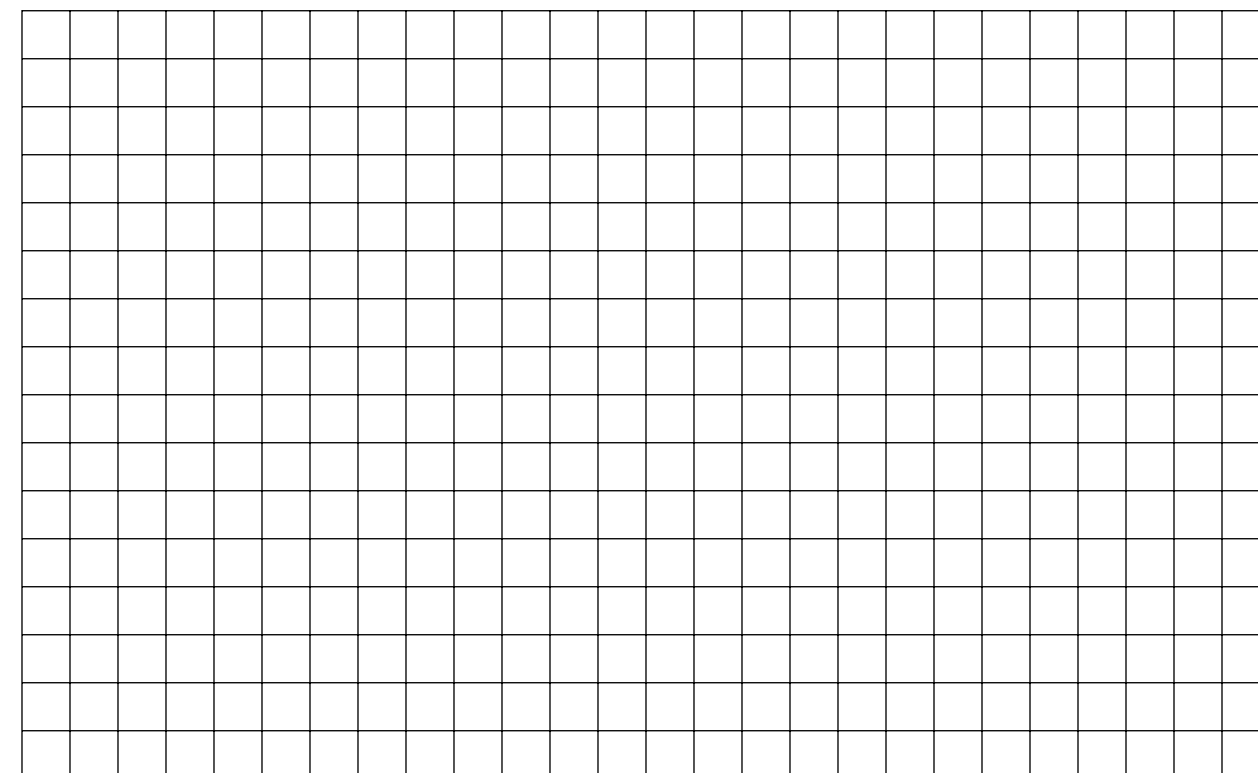


## CHARACTER CHAINS

### Directions:

Write as many of the words from the word box below cross-word style in the grid provided. (One letter in each box.) Words must join together with a common letter. (See example.)

Self-awareness	Self-management	Social awareness	Relationship skills	Responsible decision-making
Kind	Organized	Empathetic	Cooperative	Thoughtful
Brave	Calm	Friendly	Respectful	Wise
Honest	Responsible	Caring	Helpful	Considerate
Patient	Flexible	Sharing	Communicative	Safe
Curious	Persistent	Inclusive	Team player	Problem-solver



Example



**BIG WORDS**

Cards for Kindergarten-Second Grade

# Resources and Answers



<p><b>Kind</b></p> <p>Being nice, gentle, and caring to others.</p>	<p><b>Friendly</b></p> <p>Being ready to make new friends by sharing and playing together.</p>
<p><b>Caring</b></p> <p>Showing kindness and concern for others.</p>	<p><b>Helpful</b></p> <p>Assisting others when they need it.</p>
<p><b>Respectful</b></p> <p>Treating others the way you want to be treated, using good manners, and listening to people.</p>	<p><b>Fair</b></p> <p>Treating everyone equally, giving everyone a chance, and playing by the rules.</p>
<p><b>Honest</b></p> <p>Telling the truth.</p>	<p><b>Polite</b></p> <p>Using good manners like saying "please" and "thank you."</p>
<p><b>Thoughtful</b></p> <p>Thinking about others' feelings and needs when doing something.</p>	<p><b>Trustworthy</b></p> <p>Being someone others can rely on, keeping promises and being honest.</p>
<p><b>Responsible</b></p> <p>Taking care of your tasks and belongings, being reliable.</p>	<p><b>Thankful</b></p> <p>Being grateful for what you have and showing appreciation.</p>

**BIG WORDS**  
Cards for Third through Fifth Grade

<p><b>Kind</b></p> <p>Being nice, gentle, and caring to others.</p> <p>Opposite- <b>Mean</b>: Acting in a way that is unkind or hurtful.</p>	<p><b>Friendly</b></p> <p>Being ready to make new friends by sharing and playing together.</p> <p>Opposite- <b>Unwelcoming</b>: Not making someone feel comfortable or wanted</p>
<p><b>Caring</b></p> <p>Showing kindness and concern for others.</p> <p>Opposite- <b>Indifferent</b>: Not caring or showing any interest.</p>	<p><b>Helpful</b></p> <p>Assisting others when they need it.</p> <p>Opposite- <b>Uncooperative</b>: Not willing to work or play well with others.</p>
<p><b>Respectful</b></p> <p>Treating others the way you want to be treated, using good manners, and listening to people.</p> <p>Opposite- <b>Rude</b>: Behaving in a way that is not polite or respectful.</p>	<p><b>Fair</b></p> <p>Treating everyone equally, giving everyone a chance, and playing by the rules.</p> <p>Opposite- <b>Biased</b>: Having a strong opinion that may not be fair or open-minded.</p>
<p><b>Honest</b></p> <p>Telling the truth.</p> <p>Opposite- <b>Liar</b>: Someone who tells lies or does not tell the truth.</p>	<p><b>Polite</b></p> <p>Using good manners like saying "please" and "thank you."</p> <p>Opposite- <b>Impolite</b>: Not using good manners or being disrespectful.</p>
<p><b>Thoughtful</b></p> <p>Thinking about others' feelings and needs when doing something.</p> <p>Opposite- <b>Thoughtless</b>: not thinking about how your actions or words might affect other people.</p>	<p><b>Trustworthy</b></p> <p>Being someone others can rely on, keeping promises and being honest.</p> <p>Opposite- <b>Unfaithful</b>: Not keeping promises or being loyal.</p>
<p><b>Responsible</b></p> <p>Taking care of your tasks and belongings, being reliable.</p> <p>Opposite- <b>Careless</b>: Not being careful or not paying attention.</p>	<p><b>Thankful</b></p> <p>Being grateful for what you have and showing appreciation.</p> <p>Opposite- <b>Inconsiderate</b>: Not thinking about other people's feelings or needs.</p>



**BIG WORDS**  
**Answers**



**Directions:**

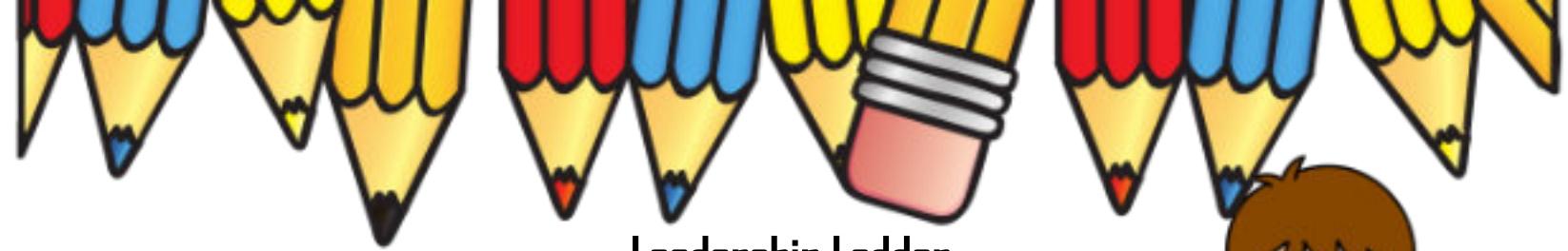
Words are powerful. Bully the Bull uses words to hurt others' feelings, but words can also be used in good ways too. Match the words below by drawing a line from the word in the column on the left to the word that means the opposite in the column on the right.

Answers will vary



## Leadership Word Cards

heart 	wisdom 	positive 
proud 	kindness 	forgiving 
cooperative 	helpful 	thoughtful 
teamwork 	friendly 	focused 



## Leadership Ladder Answers

### Directions:

Circle all of the leadership words in the word box below then draw a picture of your favorite word in the frame. Label your picture with the word you chose.

mean	wisdom	hurtful
proud	kindness	forgiving
cooperative	helpful	bully
teamwork	friendly	selfish



My Word





## Leadership Ladder Answers

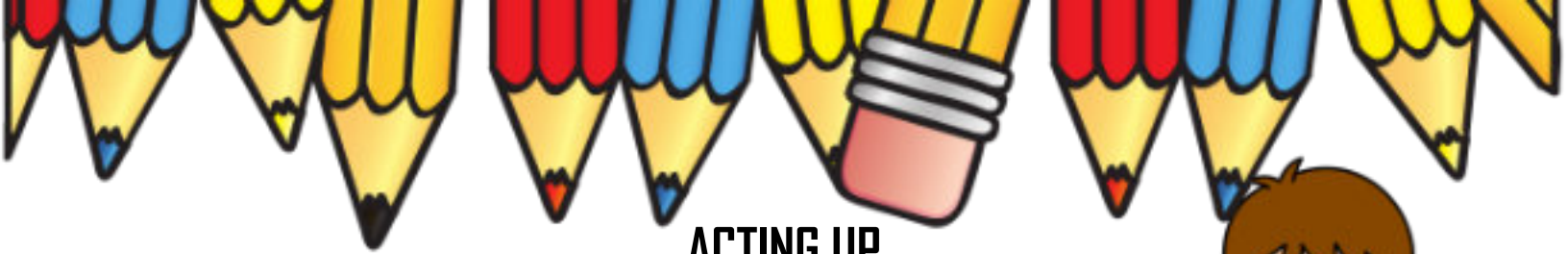
focused	wisdom	cooperative
proud	kindness	helpful
positive	forgiving	thoughtful
teamwork	friendly	heart



1. The smallest bull showed a lot of **heart** when he held Big Bully's hand.
2. The oldest bull shared his **wisdom** when he said, "If we all work together, perhaps we can get Bully out of this weather."
3. Despite Big Bully's mean words, the other bulls kept a **positive** attitude and worked together to free him.
4. After freeing Big Bully, the other bulls felt **proud** of themselves for doing the right thing.
5. The one-horned bull showed **kindness** by moving the fallen rocks.
6. All of the bulls decided to be **forgiving** and give Big Bully another chance after he apologized.
7. After the rock slide, everyone was **cooperative** and worked together to free Big Bully.
8. When he noticed Big Bully was trapped, the one-horned bull was quick to be **helpful** and rushed over to Big Bully.
9. Big Bully was finally **thoughtful** when he apologized to the other bulls.
10. Just like the characters in "One Big Bully," we can achieve great things when we use **teamwork**.
11. Big Bully realized in the end that being **friendly** is the best way to behave.
12. Despite the shaking and rumbling, the bulls remained **focused** on helping Big Bully get free.

## ACTING UP Emotion Cards

<p><b>anger</b></p> <p>Feeling really mad or upset about something.</p>	<p><b>jealousy</b></p> <p>Wanting something that someone else has and feeling not happy about it.</p>
<p><b>fear</b></p> <p>Feeling scared or worried about something.</p>	<p><b>shock</b></p> <p>Feeling very surprised or amazed about something unexpected.</p>
<p><b>joy</b></p> <p>Feeling really happy and excited about something good.</p>	<p><b>happy</b></p> <p>Feeling good about something nice.</p>
<p><b>love</b></p> <p>Deeply caring for someone or something, like family, friends, or pets.</p>	<p><b>pride</b></p> <p>Feeling really good about something you did or something you have.</p>
<p><b>sadness</b></p> <p>Feeling unhappy about something that happened.</p>	<p><b>disappointment</b></p> <p>Feeling sad because something didn't happen the way you wanted.</p>
<p><b>surprise</b></p> <p>Feeling amazed or excited because something unexpected happened.</p>	<p><b>regret</b></p> <p>Feeling sorry or sad because you wish you hadn't done something.</p>



## ACTING UP Answers

### Directions:

Match the pictures to the emotion word that best describes it by drawing a line from the word to the picture.

anger

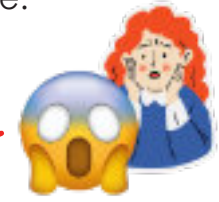
fear

joy








love

sadness

surprise



## CHATTERBOX

 <p>3</p>	<p>worried</p> <p>7</p>	<p>scared</p> <p>6</p>	 <p>4</p>
<p>injured</p> <p>7</p>	<p>A friend is feeling angry because someone took his ball.</p> 	<p>A friend is feeling sad because she fell down.</p>	<p>3 shy</p> 
<p>angry</p> <p>5</p>		<p>A friend is feeling shy because he is new to the school.</p>	<p>A friend is feeling scared because she forgot her homework.</p> 
 <p>5</p>	<p>3 sad</p>	<p>6 lonely</p>	<p>7 jealous</p> 