

What's An Interactive Notebook?

Interactive notebooks are a visually creative way to engage students in the learning and note taking process. Students will use visual graphics and graphic organizers to learn the material in an engaging way. While learning about the topic, students can use their own creativity to color, decorate and manipulate the materials in their notebooks to make the material more interesting and captivating.

How To Use:

These pages have multiple options for use.

- They can be printed on colored paper, or students can color in the templates.
- They can be glued into an interactive notebook, or be glued onto a separate piece of paper.
- They can be used as a comprehensive unit, or as separate lessons.
- They can be used in individual, small group, or classroom counseling sessions.
- They can be used as stations in group lessons.

**Please note that this resource is a zip file. The materials for each page are included in their own folder for easier use. Please make sure you know how to unzip a file before downloading this resource.

Includes complete template materials for each page

Standing Up For Myself
If someone is being mean or bullying you, you can stand up for yourself! You can tell them to stop, tell them how it makes you feel, or tell them that what they are doing is wrong.

"You're uninvited to my party" → []

"Why do you always talk so much? You're annoying!" → []

"I'm going to spread a lie about you if you don't help me." → []

"Your face is the funniest thing I have ever seen." → []

"Can you go somewhere else? I don't want you near me." → []

Am I A Bully?
It is possible to be a bully and not realize it! Ask yourself if you show bullying behaviors. If you think you do, find a trusted adult to talk to about it!

Do I say or do hurtful things to others?

Helping Others
If you see someone getting bullied, you need to do something! The person being bullied needs your help. It's important not to join in with the bully or act like nothing is happening.

An adult I can tell is: []

I see someone getting bullied...
I can tell the person getting bullied.

Something I should not say is: []

Help! I'm Getting Bullied!
If you are getting bullied, there are many things you can do! The most important thing is to tell a trusted adult who can help you put an end to the bullying!

Ignore It!

Tell An Adult!

Stay Calm!

Walk Away!

Tell Them To Stop!

Toppers

Bullying is **HURTFUL**

Bullying is **ON PURPOSE**

Bullying is **REPEATED**

Bullying has a **A POWER IMBALANCE**

Includes photo and written directions for each page

Directions for Maps




1. Cut out the map on the solid lines.
2. Put glue on the back of the map.
3. Fold the map tops forward on the dotted lines.
4. Cut out each of the toppers from page 6.
5. Attach each part on the map.

Directions for Pockets



1. Cut out the heading and attach into an interactive notebook.
2. Cut out the large rectangle on page 5. DO NOT cut out any of the individual rectangles.
3. Paste into interactive notebook.
4. Cut out each of the toppers from page 6.
5. For each topper, fold on the dotted line, and place glue on the back of the topper, above the fold.
6. Attach the "If someone says" toppers on top of the five rectangles on the left side of the template on page 5.
7. Attach the "I Can Say" toppers on top of the five rectangles on the right side of the template on page 5.
8. For added clarity, see the completed sample 4.

Directions for Spinners



1. Cut out the heading along the solid line and attach into an interactive notebook.
2. Cut out the large square from page 4. DO NOT cut the four smaller squares apart.
3. Attach the large square onto the notebook page.
4. Cut out each of the four toppers from page 5.
5. Fold each topper along the dotted line.
6. Place glue on the back of each topper, above the fold.
7. Align each topper on top of a square in the template, and attach. The topper should be able to be lifted up to reveal the blank square underneath.
8. For more clarity, look at the completed sample on page 3.

Directions for "Standing Up For Myself"

For Construction:

1. Cut out the heading and attach into an interactive notebook.
2. Cut out the large rectangle on page 5. DO NOT cut out any of the individual rectangles.
3. Paste into interactive notebook.
4. Cut out each of the toppers from page 6.
5. For each topper, fold on the dotted line, and place glue on the back of the topper, above the fold.
6. Attach the "If someone says" toppers on top of the five rectangles on the left side of the template on page 5.
7. Attach the "I Can Say" toppers on top of the five rectangles on the right side of the template on page 5.
8. For added clarity, see the completed sample 4.

For Use:

1. Read through the "If someone says scenarios."
2. Consider what you can say in response to these mean comments.
3. Lift up the "I can say" flaps and record your answer in the blank rectangle.

Directions for "What Is Bullying?"

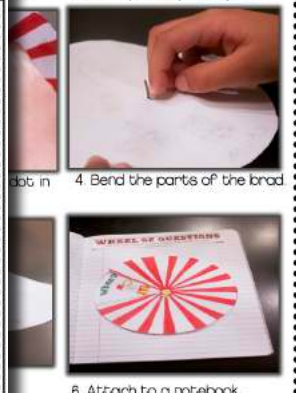
For Construction:

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2. Cut out the large square from page 4. DO NOT cut the four smaller squares apart.
3. Attach the large square onto the notebook page.
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For Use:

Once the template is created, students will further explore what bullying is by recording the following information under the corresponding flap.

- **Bullying is Hurtful:** "A person, or group of people does something that is unkind and unwanted. This can be verbal, physical, emotional or online."
- **Bullying is On Purpose:** "Something is done that is on purpose, and meant to be hurtful. It is not an accident."
- **Bullying is Repeated:** "Bullying is not a one time act. It is done more than once."
- **Bullying Has A Power Imbalance:** "The bully has more power than the victim. This means that the bully is bigger, stronger or has more friends."



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8. For more clarity, look at the completed sample on page 3.

Includes sample responses and photos of completed samples for each page

