

It's A New Year - End Bullying

Ms. Gilmour greeted Tanner, Nicole, Rudy, Carmen, Stephen and Truman the Dragon as they came into class. They were all excited to be back together after the holiday vacation. Ms. Gilmour asked each to share something they did over the holidays that a "Cool Kind Kid" would do. They all thought for a minute, and then all hands went up.

Tanner shared that he and his family gave out toys at a homeless shelter. Rudy and Stephen, whose families were friends and neighbors, worked at their church packing food boxes for needy families. Nicole shared that she helped her elderly neighbor, who has arthritis, wrap gifts for her family. Carmen sang out, "I went to nursing homes with my school choir and sang to them." Everyone thought that was very cool.

Truman was the last to share. "Wow, you all did some really kind things. I don't know if I can top those. All I did was get a group of neighborhood kids together for holiday fun in our nearby park. I invited big kids, little kids, older kids, younger kids, kids who were different, kids with disabilities and even kids who were bullying some of the others." Everyone was waiting to hear what

Truman shared next.

He continued. "We played games where no one was excluded. We sat in a circle and took turns telling something cool and kind about someone else. Oh, and no phones, games or other devices were allowed. We had to share something about ourselves that no one else knew. Some kids found a new friend had a hobby that they liked, too."

Truman went on. "When I told my mom what I wanted to do, she said she was so proud of me. She then called some of the other moms and asked them to provide food for the party. The other moms were excited that their kids would be going to something where there wouldn't be any teasing, excluding or bullying."

Truman was excited sharing. "The park has picnic tables, like our school cafeteria. We pushed them together so we could all eat at one big table. Everyone was glad to be together. Some kids who usually pick on others in the cafeteria about the way they eat were quiet and joined in the fun. Everyone got along and had a good time."

Ms. Gilmour and the other kids looked at Truman and then after a minute, started cheering

for him. Tanner was first to respond. "Wow! That tops all we did."

Ms. Gilmour then asked, "What did we learn from Truman's party that we can share with other kids?"

Nicole responded, "Treat everyone equally." Rudy added, "Show kindness to all, and care about people's feelings."

Carmen said, "Kids, and parents want the bullying and mean stuff to stop."

Stephen continued, "We can all help kids stop bullying by challenging them: 'Be Cool enough to be kind, and 'Be tough enough to be kind.'"

Ms. Gilmour added, "Let's do it!"



Barbara Gilmour, Tanner's grandmother, is the creator and developer of the "Cool Kind Kid" Social Skills, Character Values and Anti-Bullying educational materials and the award-winning "Cool Kind Kid" Audio CD. She also writes the Children's Manners Blog, offering tips for teaching your children manners and social skills. www.CoolKindKid.com.

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