

Bullying Awareness Activities:

1. **Write a poem about bullying:** Write a group or individual poems with a theme of bullying - in any viewpoint such as a victim, survivor, upstander, or bystander. Consider emailing finished poems to kindnessclubs@beafriendproject.org - and we might feature your poem on social media!
2. **Include someone who is left out:** Whether it's sitting with someone new at lunch or inviting someone to your hangout, club members should try to include someone who you think may feel left out or alone.
3. **Social Media Group Share:** With your club, talk about the pros and cons of social media and what rules are important to follow if you use social media. Discuss the effects of cyberbullying on others, and allow students to share cyberbullying they have encountered. Discuss: Have you lost friendships over things said and done on social media? Have you ever witnessed a social media public shaming? Did you say anything? Why or why not?
4. **Improv Game:** Scene topics that relate to the bullying theme are included at the end of this document, or you can create your own. Club leaders will be in charge of cutting the slips and handing a slip out to a pair or small group. With little to no time to prepare, these scenes will be performed for the rest of the club. Save time to share thoughts and observations! How many scenes you do are up to you!
5. **Create a 30-second Public Service Announcement (commercial):** Create a club-wide commercial that supports and inspires bullying prevention and kindness in your community. Email the PSA or send a Google Drive link to kindnessclubs@beafriendproject.org.
6. **Watch a movie/TV show about bullying/being an upstander:** Choose a movie or TV show that deals with bullying or being an upstander and have members from your club watch it. Afterwards, have a conversation about what was learned from the movie or TV show. We would love to hear what movie you watch!
7. **Share a social media post to raise bullying awareness:** There are bullying statistics that are heartbreaking and may surprise you. Make yourself and others aware of how common bullying is by finding a bullying statistic on social media and sharing it.
8. **Enter in the Spring BAFP UPSTANDER'S T-SHIRT DESIGN CONTEST:** Club members or the Club as a group creates a t-shirt design that answers "What does kindness mean to you?" Art can be color or grayscale, created by hand using any medium or using computer graphics. Look for contest entry and deadline information to come in the spring!
9. **Complete the "Kindness Word Search":** Everyone loves a good Word Search! See below for the word search featuring words related to bullying prevention and kindness activism.

10. **Hold a BAFP fundraiser:** Hold a bake sale, car wash, coin drive, movie night, talent show, dance-a-thon, friendship bracelet sale, whatever your club desires. All proceeds raised will help the BAFP fund Kindness Club management and awards globally! Email kindnessclubs@beafriendproject.org for supportive materials, if needed.
11. **Inspire a new Kindness Club to register:** Talk about your kindness club with someone new and inspire them to found & register their own Kindness Club in their school, community or friend/family group.
12. **Anonymous “You are not alone” Activity:** It can be very difficult for a bullied peer to reach out and ask for help. This activity allows you to step-into-the-shoes of a bullied peer and practice asking for help, and at the same time see what it feels like to be a friend and support.

Each club member anonymously writes on paper briefly describing a problem they are currently facing, for which they could use some helpful support or advice. When completed, papers will be gathered, mixed in a container like a box, and the club leader will share their stories one by one. After each one is read, club members will express positive encouragement and supportive feedback. Keep in mind this should stay anonymous, and “problems” can be anything from serious to light-hearted.

13. **“Stand Up If” Activity:** “Stand Up If…” prompts are included at the end of this document, or create your own. The activity starts with all Club members seated. When they hear a prompt that aligns with their identity/experiences, they will stand up. This activity shows club members that they are not alone, and to EMBRACE differences - it’s never okay to bully others for being different.
14. **Bullying Prevention “Book Club”:** Choose a story, fiction or non-fiction, that deals with bullying and/or being an upstander. This can be an online blog, graphic novel, young adult novel, chapter book or whatever works for your members to read. Afterwards, have a group conversation or “review” of the story, focusing on what was learned from the material. We would love to hear what story you chose!

Kindness and Friendship Activities:

15. **Compliment Clothespins Challenge:** Write positive affirmations on as many clothespins as you can. Get artistic or keep it simple, it’s the inspiring message that counts. Have fun secretly pinching them on people’s clothes or backpacks in your school and community when they aren’t looking!
16. **Create and share posters that INSPIRE:** Whether these are actual quotes or just kind, motivational words, create five posters and hang them around your school or community like the grocery store bulletin board.

17. **Paint Kindness Rocks:** Paint uplifting messages and pictures on rocks that can be hidden around the school, playground, park, or neighborhood for others to discover and keep.
18. **Give someone a gift:** Give someone special, something special. You don't need to spend money on this. Maybe draw someone a picture or give a friend a snack from your lunch box. A little act of kindness goes a long way!
19. **Compliment 5 people:** In ONE DAY, compliment five people! Have fun sharing their reactions at your club meeting!
20. **Thank 5 people:** In ONE DAY, thank five people.. Whether it's a custodian at school, teacher, bus driver or grocery store cashier, express your appreciation!
21. **Do a favor:** Whether it is doing the laundry at home, mowing your neighbor's lawn, carrying groceries or holding open a door, do a favor for your friends and family. Share what you did with your club.
22. **Post-It Polooza:** With your club, write positive affirmations on as many post-its as you can. Stick them on anything! Even people's lunchboxes, lockers, or anywhere you can, when they aren't looking! You can even put them on YOUR OWN walls at home to get yourself in a positive headspace!
23. **Surprise a peer with a reward for their kindness:** Whether it be a kindness bracelet or homemade certificate, surprise a peer who is not in the club with a reward of some sort.
24. **Volunteer at a local charity (i.e. food pantry, animal shelter):** Reach out to a local charity and see what you can do to help them out.
25. **Clean up your school or community:** Pick up litter on school property, a local park or public space near you.
26. **Write a "thank you" letter to an adult:** Which of your teachers, group leaders or parents work hard to make sure you have a positive, enriching experience in their care? Showcase your gratitude by writing a thank you letter for them today!
27. **Gift a Kindness Jar/Box of Inspiration:** Make a jar full of kind, inspirational quotes on folded paper slips and give the whole jar to somebody who is going through a difficult time to let them know they are not alone and inspire them when they are feeling down.
28. **Connect with someone new:** Have a deliberate conversation with someone at school or outside of school. Ask someone how their day was, what their hobbies are, or just simply start the conversation by complimenting them!
29. **Give flower(s) to a deserving stranger or acquaintance:** Flowers can truly brighten someone's day. Pick or buy a bouquet of flowers or a rose, find a stranger (maybe one you have seen before), and tell them something to brighten their day.

30. **Hold the door open for someone:** Wherever and to whoever, hold the door open for someone. It's a kind and easy gesture!
31. **Create a "club handshake" with members:** Special handshakes are a fun, bonding way to greet your friends. Create a handshake with fellow club members - you can even split up the WHOLE club in pairs and create more than one!
32. **Listen actively:** This isn't as easy as you may think. Outside of a classroom setting, **put your phone out of sight** and listen to someone when they tell you something. Ask follow-up questions to show you are truly listening.
33. **Cook or bake for others:** Cook a meal (like lasagna or chicken soup) or baked goods (maybe cookies or cupcakes) to give to someone, whether family, friends, neighbors, or classmates - you get the idea!
34. **Plant a tree or flowers in a public space:** Create beauty in your community by planting a tree or a flower bulb.
35. **Lend a helping hand:** If someone needs help doing something, offer your support. They may not even be asking for help, but your offer can't hurt!
36. **Donate clothes or toys to a charity:** You may have clothing or toys you don't use anymore. Donate it to a charity to help those in need.
37. **Connect with somebody you have not spoken to in a while:** Whether it be an old friend or a family member, call or text someone you have not spoken to in a while. It could make their day - and yours!
38. **Volunteer to do an extra household chore:** Whether it be doing the dishes or cleaning the living room, pitch in extra to help at home.
39. **Send a kind/motivational text message:** Text whoever and show that you love them and are rooting for them. Even a simple "Have a great day" goes a long way!
40. **Make & Give a friendship bracelet:** Maybe it's made with paper, maybe it's made with beads, but write something kind and give it to someone at school. They can wear it and look at it to have a constant reminder that they are loved!
41. **Offer someone a hug, just because:** A hug is an amazing way to show love and appreciation. It can truly make someone's day exponentially better. Ask first, but hug someone, whether it be a close friend, sibling, or parent. It does not need to be for any reason in particular!
42. **Let someone go ahead of you in line:** People are often in a rush. If you aren't, let someone go ahead of you in line wherever you may be. You may be in line at a coffee shop and see someone who seems stressed. Let them "cut you" - you'll still be getting your coffee!

43. **Create a group uplifting playlist:** Club members will brainstorm songs that boost their moods and put a smile on their faces to create an ULTIMATE feel-good playlist for everyone to listen to!
44. **“Take what you need” Bulletin Board:** Club members will create a bulletin board of positive or uplifting messages in a public space such as a school hallway. On strips of paper, write these messages using the categories “Take this if you need a smile,” “Take this if you need encouragement,” “Take this if you feel sad,” and “Take this if you feel lonely.” Feel free to add your own categories as well! Individuals will be able to take these messages off the board and use the affirmations as friendly reminders to keep going, trying to look on the bright side, or as a boost of encouragement.
45. **Make a kindness mural:** Club members will create a mural in school or the community that promotes positivity, inclusion, and kindness.
46. **Join a friend doing a hobby they enjoy and find out why they love it:** Maybe your friend does theater,, maybe they play a sport...whatever they do, join them and try something new! You will feel more connected to that person and may find that you enjoy the hobby as well.
47. **Be Kind Online:** Share 5 positive/supportive compliments on social media or share an uplifting post. The Be A Friend Project social media pages feature kindness quotes every Thursday - feel free to repost!
48. **Invite a guest speaker:** Invite a guest speaker to come to your club meeting (in-person or virtually) and have questions prepared to ask them. If you would like the BAFP to provide a speaker, email kindnessclubs@beafriendproject.org. Who in your community would you like to know more about, who is inspirational and kind? This might be an elected official, a college student, a community leader, custodian or teacher, etc. Whoever you invite, your selection will also make them feel special.
49. **Gifts for Furry Friends:** Let's not forget our furry friends need love too! Create a gift basket of dog or cat food, toys, and treats. When finished, bring it to your local animal shelter. Make sure to take pictures of your basket and send it into kindnessclubs@beafriendproject.org.
50. **Acrostic word activity:** An acrostic poem is a type of poetry where the first letter in a line spells out a particular word or phrase. Each club member can create an acrostic word poem based on another club member's name, using the letters of their name to write positive traits about them.
51. **Chalk on the sidewalk:** Use colorful sidewalk chalk to write positive messages or create artwork on your school or community sidewalk, such as “You Matter” or “You are not alone!”
52. **Create a custom Bullying Prevention & Kindness Pledge:** Club members will create a bullying prevention & kindness pledge for their club. Each club member is expected to sign it. Please share a picture of your club's signed pledge to kindnessclubs@beafriendproject.org.

53. **Friendship Speed Chat:** Get to know your club members better! With your club, stand in two circles: an exterior circle and an interior circle. Have someone set a 2-minute timer for the interior person to have a conversation with the exterior person they are directly across from. Ask questions about hobbies, fun facts, or anything you want to know! After the timer goes off, the interior circle shifts one person to the right and the 2-minute timer should be set again. Repeat this process until you have made it around the whole circle!
54. **Make and distribute stress relief kits:** Assemble and distribute stress relief kits with items like stress balls, calming tea, candy, and inspirational quotes. Give your kit to a peer who needs it - maybe during an exam period!
55. **Create a Wall of Heroes:** Each club member should write down stories about upstanders that inspire them. Post these written stories on a big poster or wall in your classroom. Email a picture of your finished product to kindnessclubs@beafriendproject.org.
56. **Become a homework helper for a day:** Have a friend struggling with homework? See someone in your class who could use some extra help? A younger sibling? Try and help them out with their work.
57. **Write a positive review for a local business or restaurant:** Have an amazing coffee shop, restaurant, or local business you love? Write a review on Google or Yelp!

Self-Care Activities:

58. **Do an Act of Kindness for yourself:** This can be hard, but make time in your schedule to do something that brings you joy. You may want to read a book or work-out. Maybe challenge yourself to turn off your phone!
59. **Create a Personal Affirmation Board:** Each club member creates a “board” where they write positive affirmations. Take your board home to look at daily and feel free to add to it at any time!
60. **Begin a gratitude journal:** Write a journal entry stating everything you are grateful for. We hope you will continue writing entries in the future!
61. **Putnam Academy “Dance It Out” Video:** Named after the 2024 “5 Months for 50 Challenges” winners: the “Call-To-Action” Kindness Club at the Roger L. Putnam Vocational Technical School in Springfield, MA. Use one of the songs from the uplifting playlist or choose another awesome song, and create a music video of your club dancing out all the stress and worries away! If being in front of the camera is not your thing, no worries! You can be the director, editor, or videographer - be as creative as your heart desires. The most important thing is to have fun with it!

62. **Reframe a worry:** Have a stressful test coming up? Overthinking about something? Try reframing that worry into a new, more positive thought. For example, instead of thinking “I’m going to fail this test,” turn it around to “I’m excited to try my best on this test”. Journal what the worry was and how you reframed it.
63. **Relax your mind and body by trying some yoga, meditation, or tai chi:** Members can do this individually or have a group session as a club. There are many videos on YouTube that will guide you through this!
64. **Make sleep a priority:** Keep your phone out of your bedroom for a night. You can do it!

Friend Mail Activities:

65. **Inspire someone new to write a Friend Mail letter:** Tell someone at your school, in your community, or even a family member about the Be A Friend Project’s Friend Mail program. Tell them about the current month’s recipient and get them to write a letter!

66-70. **Friend Mail Letter/Video:** Club members will write letters and/or film videos of peer support for 5 of the youths featured by the BAFP for Friend Mail throughout the year.. These can be done individually or as a collaborative effort. We are challenging your club to do this for at least **5 Friend Mail Recipients** this school year. Details for current Recipients can be found at www.beafriendproject.org.

Create Your Own Activities:

71-75. **Create Your Own Challenge Activity** and fill in the blank. This can be in any category: Kindness, Bullying Awareness or Friend Mail. Send pictures of your own activities to kindnessclubs@beafriendproject.org. Maybe we will add your kindness activity to the list next season!

IMPROV GAME DIRECTIONS: Cut apart the bullying situations and give one to each group. Scene prompts may be adapted to make sure that each student has a part. Your Club can choose how many of these Improv scenarios to do! Want more of a challenge? Create your own improv situations.

Scene 1: Student A calls Student B a “loser” and shoves them in the school hallway. (It’s clear Student A does this every day to Student B.) Student B FINALLY goes to a trusted adult Student C for help. How might Student B begin the conversation with the trusted adult?

Scene 2: Student A, sitting alone at lunch, sees other students laughing and pointing at them across the cafeteria. Student A stands up to them, saying something like: “You may not like me, but that is your loss because I am a really good friend.” Other students laugh harder. Popular Student B, at another table with their friend group, sees this interaction and takes the opportunity to make a difference. What might they do?

Scene 3: Student A tells Student B that their best friend Student C is weird and to stop talking to them. Student A threatens Student B that no other kids will talk to them anymore if they keep hanging out with Student C. Student B ignores Student A and continues talking with their best friend. How might Student C react to their friend’s loyalty? How does this play out?

Scene 4: Student A tells Student B that they cannot play a game with their friend group at recess because they are “disgusting” and tells everyone to exclude them. However, Student C, from the friend group, invites Student B to play anyway. What happens next?

Stand Up If Activity Prompts:

Begin the questions by saying, “Stand up if you are someone who...

- Has an older sibling
- Has an younger sibling
- Can speak multiple languages
- Has a special talent
- Enjoys music
- Has moved schools
- Has struggled to make friends
- Has been embarrassed
- Has been embarrassed by a friend
- Has been hurt by someone's words or actions
- Has seen someone else be hurt by someone's words or actions
- Has been judged for something you love
- Has been bullied
- Knows someone who has been bullied
- Has stood up to a bully

Now reflect and talk about the similarities and differences between you all.

Feel free to create your own questions and prompts as well!

Kindness Word Search

S J W P R E V E N T I O N V A
P E L U P S T A N D E R D L G
E M C O U R A G E F Y U M O M
A F E W E Y H U H O B A V Z S
K W W X R A C T I O N E F V U
U A N T I B U L L Y I N G I P
P T C I B B D I W H F A R M P
C O N F I D E N C E R W E P O
G N C M T M V V X L I A S O R
B Y S T A N D E R I E R P R T
U J K I N D N E S S N E E T O
B O X Q G V A C S T D N C A N
Z F D S T R O N G E S E T N P
U K D U D Q K V S N I S F T L
B A V B Z R M E Z F I S R R B

antibullying

bystander

kindness

action

respect

strong

prevention

upstander

courage

friends

speakup

confidence

awareness

important

support

listen

ANSWER KEY FOR WORD SEARCH

Kindness Word Search

S J W P R E V E N T I O N V A
P E L U P S T A N D E R D L G
E M C O U R A G E F Y U M O M
A F E W E Y H U H O B A V Z S
K W W X R A C T I O N E F V U
U A N T I B U L L Y I N G I P
P T C I B B D I W H F A R M P
C O N F I D E N C E R W E P O
G N C M T M V V X L I A S O R
B Y S T A N D E R I E R P R T
U J K I N D N E S S N E E T O
B O X Q G V A C S T D N C A N
Z F D S T R O N G E S E T N P
U K D U D Q K V S N I S F T L
B A V B Z R M E Z F I S R R B

antibullying

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