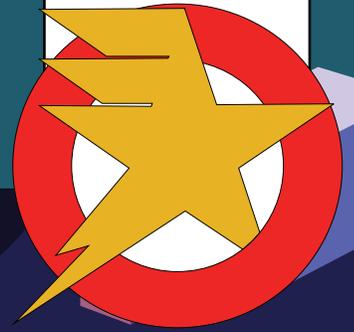


PUZZLE CUBE

An Imaginhero™
product from
Cards for Calm LLC



Understanding bullying and helping students
how to act when they see it.
Grades 1-2. Social Emotional Learning.

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Teacher's Notes

The 'Puzzle Cube' worksheet will help students understand there is an unaddressed emotional pain behind bad behavior. Students will know what to do when they see bullying or other harmful negative behavior.

By the end of this exercise, students will have:

- Understood that there are complex emotional reasons behind bullying.

- Understood that bullying is unacceptable.

- Discussed things they can do when they see bullying behavior.

- Completed a word search for words associated with causes of negative behavior and words associated with how to deal with negative behavior.

- Solved a maze to help them understand that emotional pain is at the source of much negative behavior.

Social Emotional Learning

This worksheet helps students develop self-awareness and self-management in line with the first of the five social emotional learning (SEL) core competencies. It can be used either as part of an established SEL curriculum or as a stand-alone activity.

SEL Goals

Understanding and dealing with negative behavior.

- Understand how unaddressed emotions can lead to negative behavior
- Recognize personal qualities and external supports.

- Identify reliable adults from whom you would seek help in an emergency.

- Identify the people who can give you the help you need.

Why Are People Mean?

People can be mean for lots of reasons.

- Maybe it makes them feel strong to make someone else look weak.

- Maybe they feel bad about themselves and, for a moment, being mean makes them feel a little better.

- Maybe they worry they're not popular, so they're mean to try and impress people.

- Maybe they don't understand that what they're doing is hurting someone.

We want to understand why people can be mean, but that doesn't mean it's okay for them to be mean.

What To Do When We See Bullying

Just because we want to understand why someone is behaving badly, that doesn't mean it's okay for them to do so. And that doesn't mean they have the right to behave badly toward someone.

If you see someone being mean, and they're hurting someone or making someone feel bad, before we try to understand their behavior we should try to stop it.

Don't Join In

Avoid joining in or laughing. Getting attention may be just what the bully wants.

Be A Friend

Ask if the person who's being made to feel bad is okay. Ask them if they want to go somewhere else.

Tell Them To Stop

You don't have to do things alone. You're never alone. Which of your friends could you ask who would also tell them to stop?

If there are others watching, ask them to join you in stopping what's happening. Most people will want to stop what's happening, but maybe they don't know what to do.

Get Help

Find a grown up you trust and tell them what's happening.

Walk Away

If you feel there's nothing else you can do, then just walk away.

It's okay to take some time to think about what you'd do to help if this happens again. It's okay to talk to the people involved later on.

Printing Instructions

The cover (Page 1) can be projected onto a screen for the class. Page 4, 'What To Do When We See Bullying' can be projected or printed.

Print 1 copy of Pages 7 & 8, double sided, per student.

About Imaginhero

We have created a set of classroom resources as part of our commitment to help children better manage their emotions. Each resource can be used independently, or incorporated into a wider curriculum focused on Social Emotional Learning. You can find more resources at imaginhero.com.

Imaginhero is a framework to help children explore and express their emotions using the language and imagery of superheroes. Using techniques from cognitive behavioral therapy and mindfulness, Imaginhero helps students identify dysfunctional emotions, behaviors, and thoughts and develop new, healthier alternatives.

Through reimagining a situation as if they were a superhero, students can learn to develop their own productive, non-aggressive responses to challenging situations.

Imaginhero: The Game

Designed to be used independently, this worksheet can also be used alongside the Imaginhero card game. For ages 8+, it's a great way to help kids develop the tools they need to establish healthy emotional responses to challenging situations.

Fun to play, Imaginhero is rooted in widely-used, and well-evidenced, therapeutic approaches used in cognitive behavioral therapy.

The gameplay is designed to help develop emotional intelligence and empathy. Each superpower is based on an underlying visualization that promotes positive thinking, and each supervillain represents an unhealthy response to an overwhelming emotion.

WORD SEARCH

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

What emotions can make someone be unkind to others? What can you do to help them change their behavior?

Find the words below hidden in the puzzle. Remember, words may be written across or down.

ANGER
PAIN
FEAR
SADNESS

EMPATHY
FRIENDSHIP
KINDNESS
HELP

MAZE

Hiding behind every mean word and action is a moment when that person felt scared. Can you find your way to the heart of the maze and help them get past their fear?

