



Bullies 1:

What Creates Bullies?



Opening Affirmations:

Before we begin our Soul Talk, we want to remind you that we are coming together to learn from one another. This means that this is a safe place to share our ideas and questions. Please take the hand of the person to the right and left side of you and share one of two possible affirmations.

“I am happy to share my ideas with you.”

[or]

“I respect and honor you and your beliefs.”

The Heart of the Soul Discussion - What Creates Bullies?

1. Sometimes people become bullies when they feel shut out or hurt by the world. How does that happen?

[Go around the circle and have everyone take a turn answering the question]

- When people are being unkind, either to them or to someone they care about
- When there is no one they can talk to about their feelings
- When they are feeling bad about themselves and there doesn't seem to be anything they can do to feel better

2. How do those bad feelings make you feel in your body, mind, or heart?

[Go around the circle and have everyone take a turn answering the question]

- It can make the inside of your body feel tired or sick
- It may make you feel sad

- You may find your body filled with angry feelings that you don't know how to release
- You may find it hard to smile or feel happy, and it may cause others to ask if something is wrong

3. What kind of negative actions do Bullies do to others? Have you ever been bullied?

[Go around the circle and have everyone take a turn answering the question]

- A bully might say terrible things to or about someone else to hurt their feelings
- A bully might fight or try to hurt someone
- A bully might threaten or pick on someone who is smaller or younger than they are to feel more powerful

4. What positive actions can we take when we feel hurt or angry so we don't become bullies?

[Go around the circle and have everyone take a turn answering the question]

- We can try to find a healthy outlet, like exercise, spending time with loved ones, or doing a favorite hobby or activity
- We can try to figure out why we are feeling this way, and see if there are any changes in our life we can make to feel better
- We can talk to a trusted friend or family member about our feelings
- We can remember that, no matter what others may say or do, we are loved and lovable, and we are safe

Activity: Option 1 - I Am Lovable

Materials Needed:

Paper

Markers or Crayons

The activity for this Soul Talk is to draw a picture of yourself. Around your picture write positive words about yourself.

Directions:

- Using the paper and markers, have the children draw a picture of themselves in the center of the paper, with room around the drawing. The picture should be an image of how they see themselves.
- In the space around the picture, have the children write in positive words that describe them. For example, kind, loving, good friend, honest
- If a child is having trouble thinking of positive words, this presents a great opportunity for the parents/ caregivers to talk about what makes each child present special and unique

[Feel free to play one of our recommended songs while the kids work on their projects]

Follow Up Discussion:

How did it feel to draw a picture of yourself? Was your picture of who you are different at all from how other people see you? How did it feel to write down the qualities that describe who you are? Were some easier to think of than others? If you were to draw a new picture of yourself focusing on all of the wonderful qualities you just rediscovered, would your portrait look any different?

Story Time – Activity Option 2

[In order to complete this activity, your group will need a copy of one of the suggested books. Our library has a collection of books dedicated to each Soul Talk which is updated constantly! You can visit our library at the link below. Search for the Bullying section.] https://spiritualplaydate.com/spiritual_playdate_library

Since our Soul Talk was about “What Creates Bullies?,” we are going to read a book out loud. As you listen, start to think about how this story relates to what we just spoke about.

Calming Exercise - Meditation:

Invite the group to find a relaxing position, take a mat or towel, if you are working on a hard floor. They may sit or lie down to be comfortable. Speak slightly slower in a soft, soothing tone throughout, pausing briefly between sentences. You may play soft, instrumental music in the background while reading the meditation script]

Welcome to our Meditation Time: The time where we relax and connect to the spirit in and around us. I invite you to put a cushion on the floor, and to sit cross-legged, with a nice tall back and your hands relaxed in your lap. Quietly do that now, as we begin our meditation.

[Wait until the group is settled, then read the meditation script]

I am going to guide you through our meditation to help you relax. Let's close our eyes, and let's start by putting our hands on our bellies, and taking a deep, long breath in. Feel your belly rise as you breathe in – to the count of 1, 2, 3. Then feel your belly fall, as you slowly breathe out – to the count of 1, 2, 3. Now breathe in – 1, 2, 3. And slowly breathe out like a tire losing air – 1, 2, 3. Continue to breathe in and out slowly and steadily. Relax your body into the floor beneath you. Keep breathing.

Everyone has times in their life when they feel unloved or unlovable. Maybe someone said something unkind to us, or did something that hurt our feelings. Maybe we were unkind to someone, and that's left us feeling bad about ourselves. Bad feelings can make our bodies and souls hurt, or make us sad or angry. As you take a deep breath in, think of any hurt feelings you have in your body right now ... and with a breath out, let go of all those sad feelings. *[Pause.]* Breathe in peace and forgiveness ... breathe out any angry feelings you're holding inside. *[Pause.]* Meditating, like we are now, is one way to come back to loving feelings. Another way is to talk to a parent, teacher, or friend about how we're feeling, if they caused the hurt, or we hurt them. Talking helps us say what we need or find out how we can make things better. *[Pause.]* Another way to let go of bad feelings is to move our bodies by shaking them out or hugging ourselves. As you take a deep, loving breath in, give yourself a hug, and breathe out any sad or angry feelings. There's always a way to bring us back to a peaceful center. *[Pause.]* We all do unloving things sometimes, but we can learn from them and do better next time. And when we feel unloved, we can find healthy ways to feel loved and loving again. *[Pause.]*

Now let's take one more deep breath, and slowly let it out. Now slowly open your eyes and slowly roll to the side and sit up to end our time of meditation.

[Optional: Turn off music] [Optional: Say: Please return your cushion to its starting place]

Closing - Choose One:

Closing Affirmation - Option 1:

Turn to the person to your right, look them in the eye and say "I am happy I could share this time with you and hear about your beliefs."

Closing Prayer - Option 2:

The light of god surrounds us
The love of god enfolds us
The power of god protects us
The presence of god watches over us
Wherever we are, god is and all is well!