



Bullying 3:

Be a Friend, Not a Bully



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 - Be a Friend, Not a Bully

1. We have talked about the feelings that make some people become bullies, and how bad it feels to be bullied. What are ways that we can be kind and loving, and not bullies?

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

- Doing activities that make you feel good. Maybe playing soccer, listening to music or going for a run
- If you are feeling stress about something, try to turn that negative energy into something positive. (For example, if you are upset that you do not have the money to pay for a toy or video game, use that energy to do service for others)
- Maybe you feel lovable when you are playing with friends or siblings
- Perhaps you feel lovable when you share hugs and other signs of affection

2. When you have decided to be kind and loving, how do you think it affects other people?

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

- When we are kind and loving, it can often help other people to do the same
- Being kind and loving can make other people feel special and good
- Choosing to be kind and loving can remind others how much better it feels to love others, instead of making them feel bad.

3. Is it okay to NOT always feel kind and loving?

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

- It is nearly impossible to feel kind and loving all of the time. It is definitely okay to not feel loving every second of the day
- We do not always have to feel loving. If you're not feeling loving, it is good to be able to acknowledge that feeling, and work to make yourself feel better

4. So what makes someone a friend and not a bully?

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

- When you treat others the way you would wish to be treated
- When you know that you are loved and lovable
- When you talk to a good friend or trusted grown-up about what is making you angry, hurt, or feeling shut out
- When you take a moment to breathe or walk away from a situation that is making you feel badly
- When you try to understand how your words and actions might affect someone else

Activity: Option 1 - Water Blossoms

Materials Needed:

Coffee Filters

Washable Markers

A clear bowl filled with water

The activity for this Soul Talk is about washing away the negative things we may feel about ourselves and watching them turn into something beautiful.

Directions:

- On the coffee filters, have the children use the markers to write down any negative emotion they want to let go of in their lives. If they would rather draw a picture, that is great too
- Once the coffee filters are complete, have each child take a turn placing their coffee filter in the bowl of water
- Each person should be able to watch the color come completely off the filters and instead fill the bowl with beautiful colors

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

Follow Up Discussion:

Many times when we are feeling angry or hurt, it can seem very hard to let those feelings go. As you placed the filters in the water and watched all of those negative feelings disappear, how did it feel? Those feelings are a part of us, but they are not the most important part of us. The beauty and love inside all of us is the part of ourselves that holds the most light. That is the piece that washes away the negative.

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 *Be a Friend, Not a Bully*, 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]

Close your eyes and let your muscles relax into the floor. Take a slow, deep breath in, all the way down to your belly ... you feel your belly rise as you think 1, 2, 3. Feel your belly fall as you slowly breathe out, thinking 1, 2, 3. Breathe in — 1, 2, 3 ... breathe out — 1, 2, 3. Keep breathing in and out, slowly and steadily.

When we choose to act from love, we feel good. The people around us feel good. All of us feel lifted up. When we choose to see the best in ourselves, we can see the best in others. Let that good feeling flow through your body now. *[Pause.]* Even when we're not feeling our best, we can stay in a positive place by knowing that the bad feeling won't last very long, and we can let it go without passing that bad feeling on to someone else. *[Pause.]* Let's imagine some ways that we can keep loving and happy feelings flowing through us and to us. *[Pause.]* Maybe you imagined yourself standing up for a friend who was being hurt by someone. Maybe you said nice words to someone who was feeling sad. Maybe you encouraged yourself after you felt disappointed. There are lots of ways to bring good feelings into the world. We just need to look at each person as the special and unique creation that they are. *[Pause.]* Do you know what a lovable and amazing person you are? The energy of the universe is alive in you, and you make a real difference in the world. When you know that about yourself, and about every person you meet, you will treat yourself and others with love and respect. We can make our world feel happy and safe for everyone. *[Pause.]*

Now let's take one more deep breath in — 1, 2, 3. And one more deep breath out — 1, 2, 3. 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!