Group at a glance

Eight weekly sessions that build on each other

Week	Session	Goal	Date planned
1	**Welcome to Stand Strong**	Students meet the group, build agreements together and name the strengths they already bring.	
2	**Bullying or not?**	Students learn the three signs of bullying and tell it apart from conflict, rude moments and mean moments.	
3	**Everyone has a role**	Students learn the roles people play when bullying happens and see that the people watching have the most power to change it.	
4	**Walk in their shoes**	Students build empathy by exploring how bullying feels and how it affects everyone, including the people who watch.	
5	**Strong and safe responses**	Students practice confident body language and simple, safe ways to respond if someone treats them unkindly.	
6	**Report it**	Students learn the difference between tattling and reporting, name trusted adults and practice how to report clearly.	
7	**Upstanders and online kindness**	Students learn safe upstander moves and what to do about bullying online, in games and in group chats.	
8	**My stand strong plan**	Students put their skills together in a personal plan, reflect on their growth and celebrate.	

Group members

Day, time and place

Session flow

Opener 5 min, teach 10 min, practice 15 min, wrap up 5 min.

Check in

Start each session with a quick feelings check and the take home challenge.

Praise specifically

Name what you saw: You used a calm, clear voice for your I statement.

Name _____ Date _____

Session 1: Welcome to Stand Strong

Lesson plan for the group leader

Goal

Students meet the group, build agreements together and name the strengths they already bring.

Materials

Group agreements page, pre group check, a sturdy rope or jump rope, sticky notes, markers

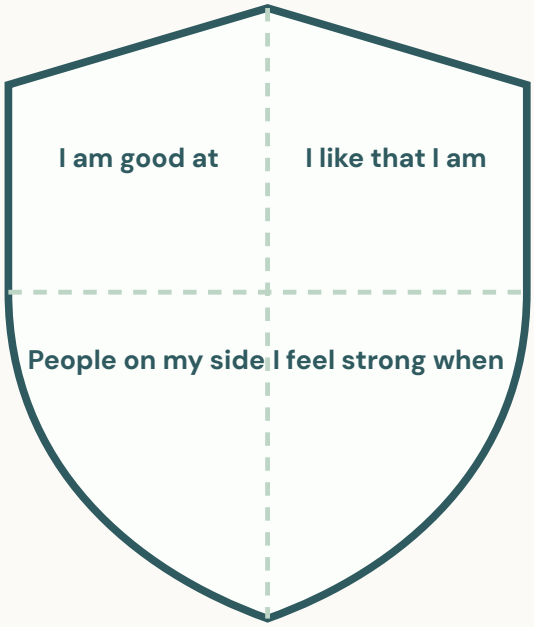
Opener 5 min	Strong knot: hold up a single thin string and snap it, then braid three strings together and show that the braid will not snap. Ask: Why is the braid stronger? Explain that in this group we will get stronger together, the same way.
Teach 10 min	Explain the group: a place to learn what bullying is, what to do if it happens to you or someone else, and how to help make school a kinder place. Make clear that students were not invited because they did anything wrong. Some students have been treated unkindly, some have seen it happen, and some want to be leaders. Build agreements together and explain the privacy rule and its limit: what we share stays here, unless someone is not safe, and then the counselor has to get help. Teach that nobody deserves to be bullied, ever, and that being bullied is never the fault of the person it happens to. Introduce the idea of a strength shield: the good things about us, the people on our side and the skills we learn, which help us stand strong when hard things happen.
Practice 15 min	Students fill in the first layer of their strength shield on the student page: things they are good at, things they like about themselves and people who care about them.
Wrap up 5 min	Each student shares one strength from their shield. Complete the pre group check and sign the agreements.
Take home	Ask a grown up at home to name one strength they see in you, and add it to your shield.

What I noticed (skills, needs, who to praise)

Follow up or adjustments for next week

Session 1: Welcome to Stand Strong

My strength shield: the good things that help me stand strong



Write or draw in each part of your shield.

Three things I love to do

A time I was brave

A strength a grown up at home sees in me

Circle the words that describe you

- [ ] Kind
- [ ] Brave
- [ ] Funny
- [ ] Creative
- [ ] A good listener
- [ ] Hard working
- [ ] Honest
- [ ] Helpful
- [ ] Loyal
- [ ] Curious

Nobody deserves to be bullied. Ever.

Something I hope to learn in this group

Name _____ Date _____

L&T

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Bullying Small Group Curriculum: Stand Strong for Elementary Students

Printable PDF, 25 pages: 8 sessions, each with a one page lesson plan and a matching student page, plus a family permission letter, group agreements and a pre and post skills check

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