

Super Friends with Super Powers

***Bullying Prevention - Five Super Powers to Help You Be a Super Friend
2023-2024 School Year***

Kindergarten-2nd Grade Outline for a 30-minute Program

Portions of the program will be omitted if less than 30 minutes.

Introduction / Activity

Students learn to have fun while working together.

SUPER FRIENDS

Not all superheroes have superhuman powers.

- Policemen and firemen are superheroes too.
- They protect and defend others.

Students learn that they too have superpowers to help protect and defend others, and today is the day they receive their training!

Being a SUPER FRIEND to Yourself First

Before you can be a super friend to others, you must first be a super friend to yourself.

If you are upset or unhappy, use the first two superpowers to help yourself feel better:

- SUPERPOWER #1 – SMILE
- SUPERPOWER #2 – STAND TALL

It's Never Okay to Be Mean

Students receive TOP SECRET INFORMATION: Super Friends are never mean or say mean words.

Students practice using nice words like smart, helpful, and kind.

- SUPERPOWER #3 – BE NICE

Super Friends are not just nice to their friends. Super Friends are nice to everyone!

Encouraging Others

A scenario shows students how the three superpowers they've learned can help them turn an unhappy situation into a better situation.

You can use nice words to help or encourage someone to feel better.

- SUPERPOWER #4 – ENCOURAGE OTHERS

Defending Others

Students are introduced to the fifth superpower. This is the most important superpower of all.

- SUPERPOWER #5 - DEFEND OTHERS

Students receive CLASSIFIED INFORMATION: Super Friends do not fight, but they DO run to the nearest trusted adult for help.

Conclusion

Students hear a story to demonstrate it's never okay to be mean to someone because they are different than you.

We are all different from each other.

What an amazing school you will have if everyone tries their best to become a Super Friend with Superpowers!