

## ***Super Friends with Super Powers***

***Bullying Prevention - Five Super Powers to Help You Be a Super Friend  
2021-2022 School Year***

### **Kindergarten-2<sup>nd</sup> 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 super powers to help yourself feel better:

- SUPER POWER #1 – SMILE
- SUPER POWER #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.

SUPER POWER #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 super powers they've learned can help them turn an unhappy situation into a better situation.

- SUPER POWER #4 – ENCOURAGE OTHERS

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

#### **Defending Others**

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

- SUPER POWER #5 - DEFEND OTHERS

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

#### **Conclusion / Survey**

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 Super Powers!