

Bullying and Violence Prevention

Video Title: Brianna's Story

Lesson Title: Balloons of Self-confidence

Grade Level: PreK-2



Project and Purpose

Students compare inflating and deflating a balloon to how self-confidence helps deter bullies.

Essential Question

How does self-confidence deflate bullying behaviors?

Materials (one set per student)

- Space for student movement (can be next to desks)
- A balloon (not inflated) for each student

Note: If you are averse to using balloons as described in the Independent Practice section, let the students use their bodies as balloons as in the Guided Exploration exercise.

Procedure:

Introduction

1. Tell students that today's lesson is about showing self-confidence. Help define the term. Self-confidence means full belief in your abilities and skills.
2. Ask students to show you what self-confidence looks like. Have them sit with self-confidence, stand with self-confidence, and move around the room with self-confidence as they are able.
3. Tell students that the opposite of self-confidence is self-doubt or uncertainty, and sometimes this means being frightened of others or feeling weak. Ask them to sit, stand, and walk as if they are not at all sure of their own skills and abilities.
4. Bullies do not usually pick on people with self-confidence. They like to find people who look frightened or weak.
5. Explain that in today's lesson, they are going to work with the idea of balloons to show self-confidence and no self-confidence.

Direct Instruction (I do)

1. Ask students to define "inflate" and "deflate." When do we tend to use these words?
2. Pretend you are a giant balloon and flop over. Pretend someone is filling you with air and slowly rise and expand to inflate yourself. Then pretend you have a slow leak and deflate.

Guided Exploration (We do)

1. Ask students to stand and repeat the inflate and deflate exercise with you.
2. Ask students if their bodies show self-confidence or not when they are “inflated.” What do their bodies show when they are “deflated?” Help them connect these emotions to past experiences in their lives.
3. Tell your students that becoming more self-confident about your own abilities is another way to “inflate” your self-worth and at the same time “deflate” a bully.

Independent Practice (You do)

1. Provide each student a balloon. (See Note above.) Go around the classroom and allow each student to say something about him or herself that shows self-confidence. Each time something self-confident is said, the student can blow into the balloon. Then ask students to think of something that shows self-doubt or no belief in their skills, something negative. Each time something negative is said, the person must let some air out of the balloon.

Here are some examples of possible positive, self-confident statements:

- I have set goals for my future.
- I am on a soccer team.
- I have a friend.
- I am a friend.
- I helped my brother or sister get ready for school this morning.
- I studied hard for a test.

Here are some examples of negative, self-doubting statements:

- I will never understand that math problem.
 - I am never first to be picked for a team.
 - I am afraid to try something new.
 - I will never be a good reader.
2. Try to allow at least eight turns. Then stop the exercise, and ask the following questions:
 - How did it feel to make your balloon grow larger with the good things you said?
 - How did it feel when you had to deflate your balloon?
 - How can the image of the bully deflating your balloon of self-confidence give you the courage to stand up for yourself if someone tries to bully you?

Conclusion

Review the themes of the lesson. Ask students to think of ways to show self-confidence and how this is one tool to deflate bullies.

Notes
