

How can you make someone feel better about him/herself?

POSSIBLE ANSWERS

- Spend time with them
- Introduce them to your friends
- Tell them you like them

CHALLENGE 3

1

What is a good friend?

POSSIBLE ANSWERS

- Someone who likes the same things as you do
- Someone who looks out for you
- Someone who will help you

CHALLENGE 3

3

How do you choose a friend?

POSSIBLE ANSWERS

- Someone you like to play with
- Someone who likes the same things as you do
- Someone who talks to you

CHALLENGE 3

2

Why do you need friends?

POSSIBLE ANSWERS

- So you feel happy
- So you have people to play with
- So you've someone to talk to

CHALLENGE 3

Follow-up questions: Does everyone need friends? Does a person who is in a wheelchair need friends? Does a person who doesn't speak English need friends?, etc.

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How do you make the new person in your class feel welcomed?

POSSIBLE ANSWERS

- Talk to them
- Play games with them
- Help them with their homework
- Introduce them to your friends

CHALLENGE 3

Follow-up questions: Is it harder to be the new person during class time or at recess time? (Most new people, don't feel included at recess.)

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If you have been mean to someone, how can you show them that you are sorry?

POSSIBLE ANSWERS

- Play with them
- Say you're sorry
- Include them with your friends

CHALLENGE 3

7

Tell us one thing that is different about yourself or your teammates.

(Team members tell you something different about each other)

6

How can you help someone in your class if they are having trouble with their schoolwork?

POSSIBLE ANSWERS

- Tell the teacher
- Ask them if they need help
- Show them what to do

CHALLENGE 2 & 3

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**What is bullying?
What can you do if you are being bullied?**

(Let them describe bullying in their own words)

POSSIBLE ANSWERS

- Talk to someone who can help you
- Walk away from the situation
- Help each other

CHALLENGE 1 2 & 3

9

How can you play tag without the same person being “it” all the time?

POSSIBLE ANSWERS

- Take turns
- If you are “it” once, you can’t be “it” again in the same game
- If you are “it” and you “tag” someone else, then you are both “it”, etc.

CHALLENGE 2 & 3

11

**Your friend is being mean to someone.
What can you do?**

POSSIBLE ANSWERS

- Ask them to stop
- Ask for help
- Play with both of them

CHALLENGE 3

10

If you break your leg, how can you still play with your friends?

POSSIBLE ANSWERS

- Play board games
- Play card games
- Invite your friends to your house

CHALLENGE 1, 2 & 3

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What sports can a person in a wheelchair play? How would they do it?

POSSIBLE ANSWERS

- List sports

CHALLENGE 1, 2, & 3

Follow-up question: Ask how the person would participate?
(e.g. in basketball – buddy up)

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If someone is feeling sad, how can you make him/ her feel happy?

POSSIBLE ANSWERS

- Smile at them
- Talk to them
- Share your snack

CHALLENGE 3

15

How can you pick teams without someone being picked last?

POSSIBLE ANSWERS

- Coloured shirts vs. white shirts
- Divide the group in half

CHALLENGE 3

Follow-up question: What does it feel like to be picked last?
(Sad, bad, no confidence) Remember that next time you are
choosing teams.

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If you see a group of kids bullying another kid in the playground, what could you do to help?

POSSIBLE ANSWERS

- Go get help
- Help them walk away
- Tell a teacher

CHALLENGE 1 & 3

Follow-up questions Do people get bullied because they are
different or because there is something they are not good at, or
can't do? Does a bully think about another person's feelings?

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You are playing a game that is for 2 people and a 3rd person wants to join you. What can you do?

POSSIBLE ANSWERS

- There's always room for 1 more
- Take turns
- Change the game so 3 can play together

CHALLENGE 3

17

If you moved to a new country and couldn't speak the language or understand anyone, how would you feel? What might you do about it?

POSSIBLE ANSWERS

- Would feel left out, sad, shy, nervous, scared.
- Find someone who speaks the same language

CHALLENGE 3

19

You have a new student in your class who has just moved here from a different country. Some kids are making fun of her at lunch time because of the food she is eating. What would you do?

POSSIBLE ANSWERS

- Sit with her
- Support her
- Try her food and share yours

CHALLENGE 1 & 3

18

There's a new student in your class who doesn't speak any English. He is by himself at recess. What would you do?

POSSIBLE ANSWERS

- Invite him to join you and your friends
- Use gestures and smile to make him feel welcome
- Listen to music together or play ball
- Play with him after school

CHALLENGE 1, 2, 3

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It is winter time and you and your friends are playing in the snow during recess. There is a new girl in your class who has just come from another country where there is no snow. She feels scared of the snow and does not play with anyone. How can you make sure she is not left out?

POSSIBLE ANSWERS

- Invite her to play with you and your friends.
- Show her what things you can do in the snow
- Ask if she needs warm winter clothes

CHALLENGE 1, 2 & 3

21

Bonus Round Challenge

One team member is blindfolded and his/her teammates have to verbally give directions to get something specific (e.g. water bottle).

(Debriefing: Ask those who were blindfolded what it felt like and what helped. Ask others what they needed to do.)

23

You have come back from Christmas break and you ask your friend who has just moved here from a different country, what he got for Christmas. Your friend says he doesn't celebrate Christmas. What kinds of questions can you ask to learn more about his culture and celebrations?

POSSIBLE ANSWERS

- Ask your friend what holiday is coming up in his culture/religion
- Ask about how he and his family celebrate.

Note: children from newcomer communities who are also ethnically diverse may not get gifts (or get less) due to economic status rather than a cultural difference.

CHALLENGE 3

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