



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Cumulative ABC Tool Kit

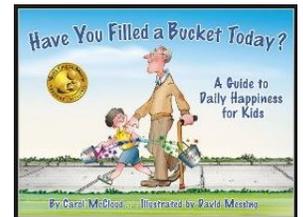
The ABC program provides the following tools that help your school community build basic, positive relationships. This toolkit can be helpful in a variety of situations:

- Summarize a previous year of ABC for new volunteers and students.
- Provide a review for students and adults on tools discussed in previous years.
- Clarify the theme for every book to reduce confusion for readers.
- Highlight the common language taught in each book.
- Show that each book is providing students with different tools and all books/tools work together to help our students.

Asset Year

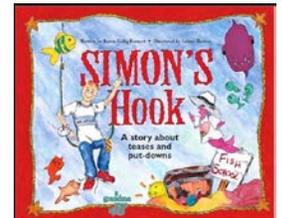
❖ ***Have You Filled A Bucket Today?***

- Be a *bucket filler*. *Fill buckets* by doing kind actions and deeds for yourself and others.
- *Don't dip* into other buckets. *Bucket dipping* happens when your bucket is low.
- *Use your lid* to protect and guard the good thoughts and feelings inside your bucket.



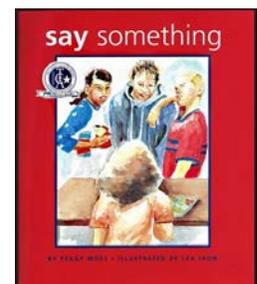
❖ ***Simon's Hook***

- Be a *free fish*. *Swim free!*
- Do little or nothing! *Don't react!*
- Pretend to agree with the *hook*.
- Change the subject; distract the student doing the bullying.
- Laugh at the *hook* and make a joke of it.
- Stay away from students you know to be hurtful. You may need to stop being friends with a *secret bully* and make new friends.
- *Use your lid* to *stop, think, and visualize* what is happening.
- *Be in control*. *You have the power to choose how to react.*



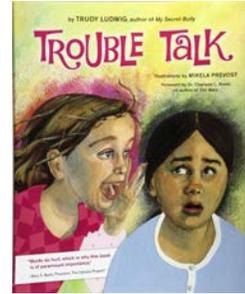
❖ ***Say Something***

- Be an *UPstander!*
- *Speak up. Reach out. Be a friend!*
- Refuse to join in with bully behaviors.
- Use positive peer influence to help friends do the "right thing".
- *Say something!* Your silence is your agreement.
- *Say or do something* when someone needs help.
- Just *standing by* someone will make him/her feel better!
- Help all kids join the fun. Invite someone new to play!
- Everyone belongs at our school.
- Help friends find positive things to *do and say!*
- Laughing and joking with friends is fun. (But, laughing at a friend can hurt.)
- Help kids "save face" when they are in a tough spot.



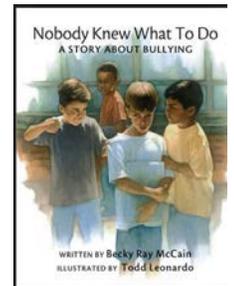
❖ **Trouble Talk**

- Develop and maintain friendships with *healthy talk*.
- Be a *friendship role model*.
- Make a *real apology*.
- *Stop and think to avoid trouble talk*. Before you speak, ask:
 - Is it **T**True?
 - Is it **H**elpful?
 - Is it **I**nspiring?
 - Is it **N**ecessary?
 - Is it **K**ind?
- *Rumors stop with me!*
 - Refuse to hear when friends are gossiping. Do not repeat the rumor or gossip to others. *Say something* positive about the target.
 - Ignore the *hook*. Change the subject.
 - Question the accuracy of the rumor. Go to the source.
 - "Gee, that really doesn't sound like XXX. Do you think that is really true?"
- Make a *real apology*.



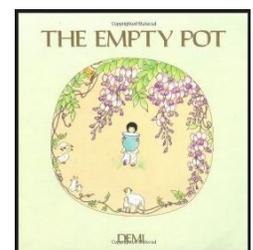
❖ **Nobody Knew What To Do**

- *Tell and make a report*.
- *UPstanders* take action to keep school safe by *saying and doing something*.
- *Tell* an adult when there is danger, an issue of safety or the right thing to do.
- *Making a report* can help prevent something from happening or protect someone from getting hurt.
- Ask an ally to go with you to *make the report*.
- *Tell* as many adults as needed until someone helps you.



❖ **The Empty Pot**

- Act with positive values of CHIRP: courage, honesty, responsibility, integrity, and perseverance.
- *Stand by* your beliefs with others.
- *Stand up* for your beliefs with courage and determination.
- Being honest means telling the truth, even when it is not easy!
- It is important to always *do your best*.



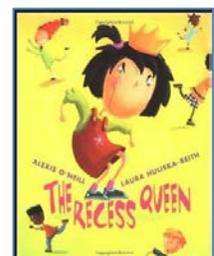
❖ **ONE**

- It just takes **ONE** to make a difference!
- **EVERYONE** counts!
- Be a forgiving person and give a person a second chance.
- Offer opportunities to belong and be included.



❖ **Recess Queen**

- Learn and use *conflict resolution skills*.
- Targets can be empowered to become *UPstanders!*
- *UPstanders* on the playground can help improve your school's climate.
- *Stop, think, and understand* the *bucket dipping* actions of others.
- *Invite and include* all kids.
- Practice all the tools in your toolkit.

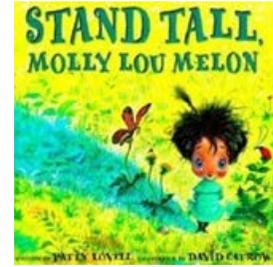


Building Year



❖ **Stand Tall Molly Lou Melon**

- Focus on the fact that you have the power to choose how you react!
- Use body language to *stand tall, walk proud, smile big and sing loud*.
- Remove *mud thoughts* by using *clear thoughts and positive self-talk*.
- *Stop, think and understand to prevent bucket dipping*.
- Identify and name the caring people who are your cheerleaders.



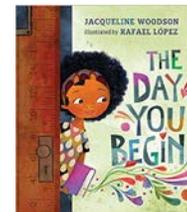
❖ **My Secret Bully**

- Identify supportive people in your life.
- Get an ally when you need help and support.
- Use *positive self-talk* to increase your personal power.
- Understand friendship boosters and busters.



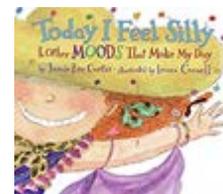
❖ **The Day You Begin**

- Accept and understand differences.
- *UPstanders* practice *intentional acts of caring*.
- Practice inclusive behaviors to create a caring school.
- *Speak your voice*.



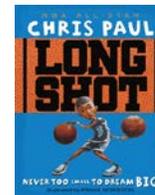
❖ **Today I Feel Silly and Other Moods That Make My Day**

- Name and accept your feelings.
- Be empowered to change your *blue days into good days*.
- *Fill a classmate's bucket* if they are having a blue day.



❖ **Long Shot**

- *Follow your sparks-dreams, interests and passions*.
- *Set a GPS* for both short term and long term goals.
- Practice and work hard to achieve your goals.
- Identify your *goal champions*.



❖ **René Has Two Last Names**

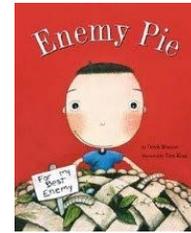
- Be proud of your cultural identity.
- Be proactive and stand up for what's right.



❖ **Enemy Pie**

- Try to get to know people before making judgments.
- Look for common interests in new people you meet.
- Be aware that friendships can *bloom and wilt*.

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❖ **The OK Book**

- Students will *dare to try* new things and *be ok* with enjoying new experiences.
- Students will find joy in discovering their talents by trying new things.
- Turn I can't (reactive) attitudes into *I can* (proactive) attitudes.

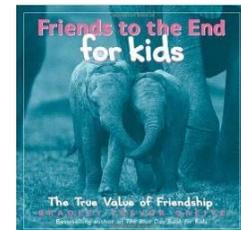


Champion Year

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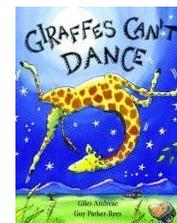
❖ **Friends to the End for Kids**

- Be an *UPstander*.
- Accept people for who they are.
- Use friendship boosters with everyone.
- Learn to maintain cordial relationships with everyone.
- *Fill people's buckets* with kind thoughts and deeds.



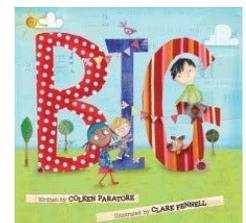
Giraffes Can't Dance

- *Dance to your own song!*
- Don't focus on the black dot. Focus on the white page.
- Find a supportive peer to listen and coach you.
- Learn a new skill and practice, practice, practice!
- *Tap into your positive power!*



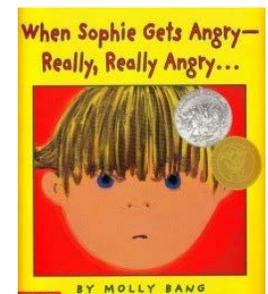
❖ **Big**

- Empower students to think about others.
- Internalize intrinsic reward of doing things for the right reasons.
- Use personal power to create change in the world.
- Perform acts of caring for others.
- Understand that concept of *being BIG* means something different to everyone.



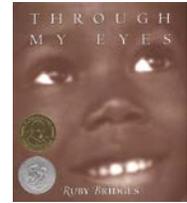
❖ **When Sophie Gets Angry—Really, Really Angry**

- Identify, acknowledge and express feelings in safe, positive, healthy ways.
- *Be the director of your orchestra* of emotions.
- Recognize the signs of your anger.
- *Take Five!*
- *Stop and think* before you act. Use the steps to calming down.
- Talk about your feelings with a friend or caring adult.



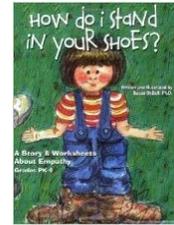
❖ *Through My Eyes*

- Learn how to *walk in someone else's shoes*.
- Identify the members in your web of support.
- Stand up for your beliefs.
- Role model responsible ways to accept and tolerate differences.



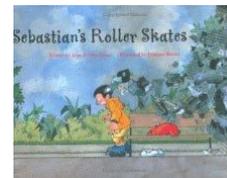
❖ *How do I Stand in Your Shoes?*

- Students will notice, name, and understand the feelings of others.
- Students will learn how to express and receive empathy.



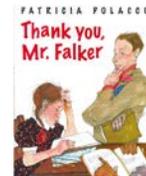
❖ *Sebastian's Roller Skates*

- You are capable and can *bloom* when you work hard.
- *Turn mud thoughts into clear thoughts*.
- Exploring and discovering your sparks lead to positive personal power.
- Set short term and long term goals.



❖ *Thank You, Mr. Falker*

- *Tap into your personal power and bloom*.
- *Say and do something!*
- Identify and celebrate your heroes.
- Create a caring climate where everyone belongs at school.



Fifth/Sixth Grade Students Moving to Middle School (All ABC Levels)

Who Moved My Cheese? For Kids An A-Mazing Way to Change and Win! by Spencer Johnson, M.D. and Christian Johnson

- Learn that change happens to everyone.
- Understand that people handle change in different ways.
- Learn different ways to deal with change and become more resilient.
- Discuss the students' upcoming change - what will be different, what will be the same, how they feel about the change.
- Teach students that they have control over how they react to change.

