

### Kindness, Feelings



#### WHY THIS BOOK?

This book provides a great way to talk about how we want to treat each other, how we can stand up for each other, and how we can give each other a second chance.

#### ABE CONNECTION

Sometimes children lash out at others because they feel insecure or out of control. When this goes unchecked, no one feels safe. By having discussions about feelings, standing up for each other, and treating each other with kindness, children can create a space where everyone feels like they are welcomed.

### One

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**Questions for Reflection:** What is your experience with bullying? How can you help children understand how to safely intervene when they see someone else being mistreated? How can you and students in your class find a way for second chances?

#### QUESTIONS

1. We don't know why Red acted the way he did. What things might have been happening in Red's life that caused him to make these choices? What might have happened if someone had asked Red if he was okay?
2. Sometimes we hear that someone who is being bullied should stand up for themselves like One did. This doesn't always work. Share some of the reasons why.
3. Most of the time mistreatment stops if a friend of another child steps in. Why do you think the other colors didn't step in to help Blue?
4. When no one stepped in to stop Red, what happened to Red? What happened to the rest of the colors?
5. Can you think of things the other colors could have done to help in this situation? (HINT: You can lead the students to talk about non-confrontational ways they could step in, such as ask Red to join in doing something other than picking on Blue; ask Blue to join their group and protect him from Red; tell Red as a group that they would like to all be friends; ask an adult for help.)
6. At the end of the book, Blue invited Red to join the group. Why do you think he did that? How do you think that will affect the way Red acts in the future?

#### JOURNAL PROMPTS

1. Tell about a time when you felt or acted like one of the colors in this book. What happened? How did you feel?
2. What agreements could we make as a classroom that might prevent something like this from happening?
3. Sometimes we make up our minds about who someone is based on a mistake they made. Tell what you think Red's life would have been like if he wasn't given a second chance to be nice? How can we make sure we give each other second chances?