The ABC program provides the following tools to build positive relationships in your school community:

- Provide a review for students and adults on tools discussed in previous years.
- Highlight the common language taught in each book.
- Demonstrate how the books work together to help our students with social and emotional learning.

### 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.
- Your kind act may inspire others to *fill a 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.
- Use your *lid* to stop, think, and visualize what is happening.
- Be in control. You have the power to choose how to react.
- Tap into your personal power to be a kind and strong *free fish*.
- Stand up for others to prevent *bucket dipping*.

**Say Something**

- Be an *UPstander*!
- *Speak up*. Reach out. Be a friend!
- Refuse to join in with *bucket dipping* or bully behaviors.
- Everyone belongs at our school.
- Use positive peer influence to help friends do the “right thing”.
- *Say something*! Your silence is your agreement.
- *Say or do something* to spread kindness or when someone needs help.
- Just *standing by* someone will make him/her feel better!
- We all have unconscious biases. Notice, interrupt, and rewrite
these assumptions.
  o Help friends find positive things to do and say!
  o Laughing and joking with friends is fun. (But, laughing at a friend can hurt.)

**Recess Queen**

  o Learn and use conflict resolution skills.
  o Targets can be empowered to become UPstanders!
  o Stop, think, and understand the bucket dipping actions of others.
  o Use your lid to prevent bucket dipping.
  o Invite and include all kids.
  o Tell and make a report.
    ▪ Make a report to 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.
  o UPstanders take action to keep school safe by saying and doing something.
  o Use UPstander skills to create a safe, caring, and inclusive school climate.

**Trouble Talk**

  o Develop and maintain friendships with healthy talk and an open heart.
  o Be a friendship role model.
  o Pay attention to what’s said and unsaid – to tone, body language, and emotions.
  o Make a real apology.
  o Stop and think to avoid trouble talk. Before you speak, ask:
    ▪ Is it True?
    ▪ Is it Helpful?
    ▪ Is it Inspiring?
    ▪ Is it Necessary?
    ▪ Is it Kind?
  o 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?”
**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.
- Commit to be the ONE to be kind and stand up for others.

**The Empty Pot**

- Act with positive values of CHIRP: courage, honesty, integrity, responsibility, 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.

**Building Year**

**René Has Two Last Name**

- Learn about different cultures.
- Understand that diversity makes us stronger.
- Identify your own positive cultural identity.
- Stand up for yourself in positive ways.

**Stand Tall, Molly Lou Melon**

- Use your 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 adults that are your cheerleaders.

**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

- When you are having blue days, you can change them to good days. Accept and name your feelings. Say to yourself: “I am sad.” “I am scared.” “I am angry.” “I am embarrassed.”
- Do something to help change the way you feel. Do something you enjoy.
- Be aware if your friend is feeling blue. Fill their bucket by being “there” to listen and help.

Long Shot

- Follow your sparks, dreams, interests and passions.
- Set a GPS for both short term and long term goals.
- Identify your goal champions.

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.
- Everyone has a special recipe for friendship pie.

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.
- We all have special talents and abilities that make us unique.
- Turn I can’t (reactive) attitudes into I can (proactive) attitudes.
Champion Year

**Invisible Boy**
- Invite, include, and make everyone feel welcome.
- Behave in an empathetic manner.
- Accept people for who they are.
- Learn to maintain cordial relationships with everyone.
- Fill people’s buckets with kind thoughts and deeds.
- Practice inclusive behaviors to create a caring school climate where every voice is heard.

**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.

**The Dot**
- Use a growth mindset to stand tall and bloom.
- Change mud thoughts into clear thoughts.
- Help students discover and explore sparks.
- Empower students to provide support to their peers, family, and community.

**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.

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

- 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, and how they feel about the change.
- Teach students that they have control over how they react to change.