

Cumulative ABC Tool Kit 2022-2023

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

	<p><i>Have You Filled A Bucket Today?</i></p> <ul style="list-style-type: none"> ○ Be a <i>bucket filler</i>. Fill buckets by doing kind actions and deeds for yourself and others. ○ <i>Don't dip</i> into other buckets. <i>Bucket dipping</i> happens when your bucket is low. ○ <i>Use your lid</i> to protect and guard the good thoughts and feelings inside your bucket. ○ Your kind act may inspire others to <i>fill a bucket</i>.
	<p><i>Simon's Hook</i></p> <ul style="list-style-type: none"> ○ Be a <i>free fish</i>. Swim free! ○ Do little or nothing! Don't react! ○ Pretend to agree with the <i>hook</i>. ○ Change the subject; distract the student doing the bullying. ○ Laugh at the <i>hook</i> and make a joke of it. ○ <i>Use your lid</i> to stop, think, and visualize what is happening. ○ <i>Be in control</i>. You have the power to choose how to react. ○ <i>Tap into your personal power</i> to be a kind and strong <i>free fish</i>. ○ <i>Stand up</i> for others to prevent <i>bucket dipping</i>.
	<p><i>Say Something</i></p> <ul style="list-style-type: none"> ○ Be an <i>UPstander</i>! ○ <i>Speak up</i>. Reach out. Be a friend! ○ Refuse to join in with <i>bucket dipping</i> or bully behaviors. ○ Everyone belongs at our school. ○ Use positive peer influence to help friends do the "right thing". ○ <i>Say something!</i> Your silence is your agreement. ○ <i>Say or do something</i> to spread kindness or when someone needs help. ○ Just <i>standing by</i> someone will make him/her feel better! ○ We all have unconscious biases. Notice, interrupt, and rewrite

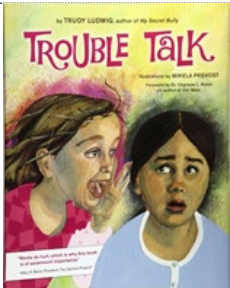
these assumptions.

- Help friends find positive things to *do and say!*
- Laughing and joking with friends is fun. (But, laughing at a friend can hurt.)



Recess Queen

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



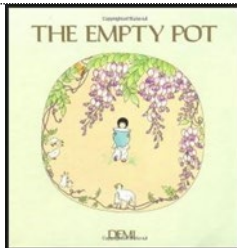
Trouble Talk

- Develop and maintain friendships with *healthy talk* and an *open heart*.
- Be a *friendship role model*.
- Pay attention to what's said and unsaid – to tone, body language, and emotions.
- 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?"



ONE

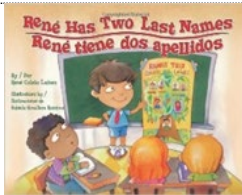
- It just takes ONE to make a difference!
- EVERYONE counts!
- Be a forgiving person and give a person a second chance.
- Offer opportunities to belong and be included.
- Commit to be the ONE to be kind and stand up for others.



The Empty Pot

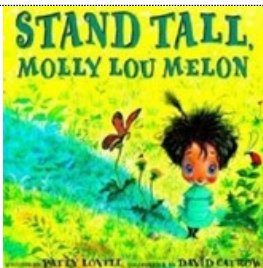
- Act with positive values of CHIRP: courage, honesty, integrity, responsibility, and perseverance.
- *Stand by* your beliefs with others.
- *Stand up* for your beliefs with courage and determination.
- Being honest means telling the truth, even when it is not easy!
- It is important to always *do your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

Building Year



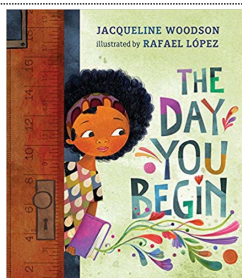
René Has Two Last Name

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



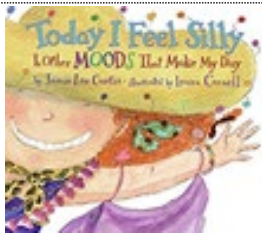
Stand Tall, Molly Lou Melon

- 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.



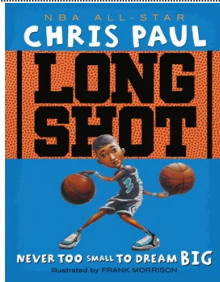
The Day You Begin

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



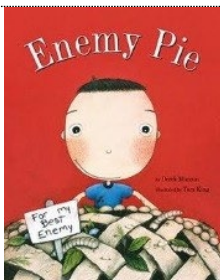
Today I Feel Silly and Other Moods That Make My Day

- 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.



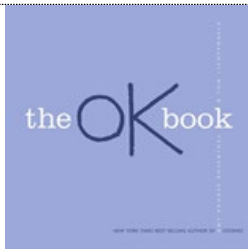
Long Shot

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



Enemy Pie

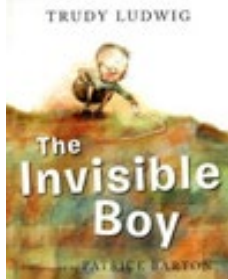
- Try to get to know people before making judgments.
- Look for common interests in new people you meet.
- Be aware that friendships can *bloom and wilt*.
- Everyone has a special recipe for friendship pie.



The OK Book

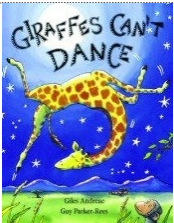
- Students will *dare to try* new things and *be ok* with enjoying new experiences.
- Students will find joy in discovering their talents by trying new things.
- We all have special talents and abilities that make us unique.
- Turn I can't (reactive) attitudes into *I can* (*proactive*) attitudes.

Champion Year



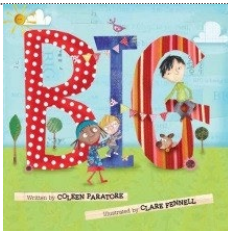
Invisible Boy

- *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.*



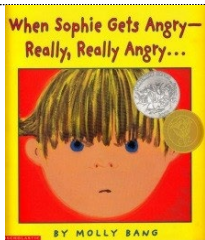
Giraffes Can't Dance

- *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!*



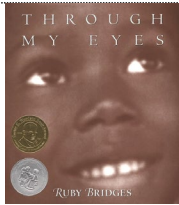
Big

- 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.



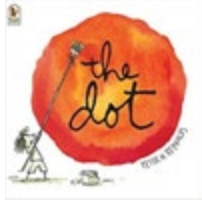
When Sophie Gets Angry—Really, Really Angry

- 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.



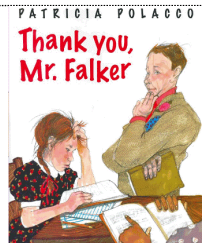
Through My Eyes

- 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

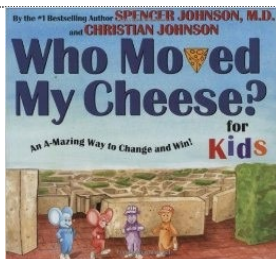
- Use a *growth mindset to stand tall and bloom*.
- *Change mud thoughts into clear thoughts*.
- Help students discover and explore sparks.
- Empower students to provide support to their peers, family, and community.



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.

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