**Cumulative ABC Tool Kit 2023-2024**

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**

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| Whiteboard  Description automatically generated with low confidence | ***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*. |
| A picture containing text, sign  Description automatically generated | ***Simon’s Hook***   * *B*e 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.* |
| A picture containing text, several  Description automatically generated | ***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.   + Help friends find positive things to *do and say*!   + Laughing and joking with friends is fun. (But, laughing at a friend can hurt.) |
| A picture containing text  Description automatically generated | ***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. |
| A magazine cover with a person and person on it  Description automatically generated with low confidence | ***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**rue?     - 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?” |
| Graphical user interface, text, application, chat or text message  Description automatically generated | ***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. |
| A picture containing venn diagram  Description automatically generated | ***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**

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| A picture containing text  Description automatically generated | ***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. |
| C:\Users\lmaitski\Desktop\The Day You Begin.jpg | ***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. |
| http://d28hgpri8am2if.cloudfront.net/book_images/cvr9781416950790_9781416950790_lg.jpg | ***Long Shot***   * *Follow your sparks*, dreams, interests and passions. * *Set a GPS* for both short term and long term goals. * Identify your *goal champions*. |
| A picture containing text  Description automatically generated | ***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**

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|  | ***Invisible Boy***   * *Invite, include, and make everyone feel welcome.* * Identify social cues (verbal, physical) to determine how others feel. * Build relationships by *filling buckets* with kindness. * Behave and speak in an empathetic manner by demonstrating genuine care, understanding, and considerations for others. * *Fill people’s buckets* with kind thoughts and deeds. * Create a caring school climate where students show respect for one another. |
| I Wish | ***I Wish You Knew***   * Develop and practice empathy skills such as active listening, perspective-taking, and compassion. * Promote empathy as a means of resolving conflicts, reducing stress, and building stronger connections with others. * Examine their own biases, assumptions, and prejudices that may hinder the ability to have empathy for others. * Identify caring adults and support systems available to advocate for them. |
| Ruby Bridges Goes to School by Ruby Bridges — Banned Library | ***Ruby Bridges Goes to School/Ruby Bridges This is Your Time***   * Understand that stereotypes lead to discrimination. * Be a *world changer* by standing up for the rights of others. * Respect differences, accept others, and celebrate diversity. * Build bridges and encourage dialogue about racism and biases between different groups. |
| Clovis | ***Clovis Keeps His Cool***   * Recognize emotion by looking inside themselves and in others to identify and connect with feelings being expressed. * Allow the feelings to stand and move through them in appropriate ways. * Learn ways to *reconsider, resolve conflict, and offer second chances*. * Understand the different ways people express their emotions and how to respond to these expressions in an empathetic manner. |
| Eyes that kiss | ***Eyes that Kiss in the Corners***   * Understand and express gratitude for the people in our lives*.* * Celebrate your authentic self and its contribution to the diversity of our world. * Develop a greater understanding and respect for people from different backgrounds. |
|  | ***The Dot***   * Use a *growth mindset* to *discover and grow as a person.* * Use personal power to change *mud thoughts* into *clear thoughts.* * Tap into the *power of positive thinking* by believing in their own abilities and unique talents. * Understand the positive impact that kind words and support can have on someone’s confidence and motivation. |
| book cover for the book Big | ***BIG***   * Grow and change behavior by thinking how their words and actions will affect others. * Be kind to self, to others, and to earth. * Do intentional acts of caring and kindness as they can make a BIG difference in someone’s life as well as their own. * Use your own passions and talents to improve the lives of those around you. |

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

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| A picture containing text, newspaper  Description automatically generated | **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. |