

## Kindness and Empathy in Kenaston School!

**Assertiveness “Super Shield”:** “I am who I am and I am proud of who I am.” The focus is on giving kids permission to be themselves, celebrate and teach them how to be proud of their uniqueness when others are trying to make them feel ashamed or embarrassed. We call it a Super Shield - your words or behaviours bounce off my shield

**Is it Bullying?** I help the kids see that every time we are bothered it isn't necessarily bullying.

- Teasing Turkey – silly teasing; everyone is having fun and it is out of pure affection; typically tease those they are comfortable with
- Annoying Ant – getting under the skin; one person is having fun but the other is annoyed; usually no one targeted person
- Mean Mosquito Moment- an impulsive mean behaviour (verbal insults, ignoring, grumpy snapping, or physical attacking/damaging); one person is unloading their negativity and the other is upset; no consistent pattern or one person being targeted, but certain strong personalities can inflate it or passive personalities can be easy targets as they won't fight back
- Conflicting Caterpillar - where 2 people just disagree and everyone wants their own way; can escalate; usually no one targeted person based on the situation at hand
- Bullying Badger - badgers the same target all the time emotionally, mentally or physically and breaks their spirit: **This is bullying.**
- Strategies we encourage:
  - Super Shield: be confident in who you are and let the meanness bounce off; only works for teasing, annoying, and mean moments in some cases
  - Talk it Out - conflict, teasing, annoying, mean moments (if you feel safe to talk)
  - Ignore and Share: walk away, ignore but go to that with one person who loves me unconditionally to share what happened honestly, how I felt, and to be proud that I was strong; this person must be someone who won't tell anyone or get upset, but will listen and focus on your feelings; this should be an adult or very responsible safe loved one; it's not about fixing it, it's about healing
  - Get Help: find a trusted adult to help you heal and to fix the situation:
    - Mediation: to help resolve a conflict that can't be solved together
    - Danger: physical damage, property damage, putting people in danger.
    - Bullying: tried all the strategies and the child is being seriously targeted

**Empathy “Super Power of Empowerment”:** teaching the concept of putting yourself in others' shoes to help impulse control; also building empathy in those who have a lot of confidence in how they can be heroes to others who lack confidence by building them up

**Friendships:** Knowing what a true friend is and that it's ok that we aren't all best friends, so long as there is kindness and inclusiveness. Helping friends be their best self - setting a great example when friends make poor choices and giving a friend positive encouragement rather than being jealous of their successes.