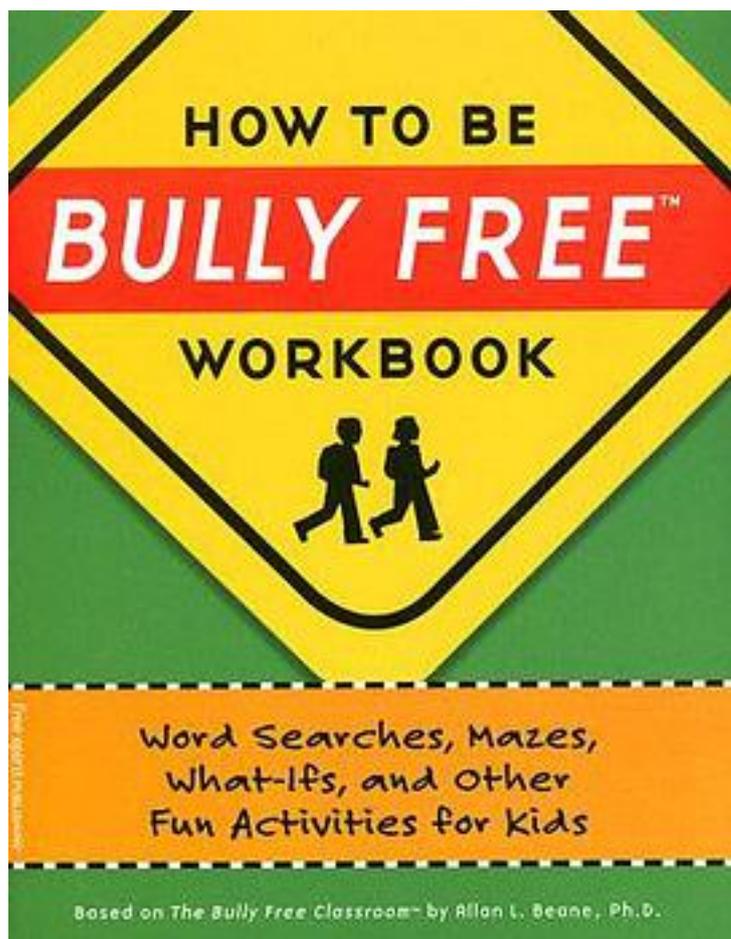


# How to Be Bully Free Workbook



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Kids learn more easily and willingly when learning is fun. Based on The Bully Free Classroom(R) by Allan L. Beane, Ph.D., this hands-on, consumable workbook is full of engaging activities that help kids recognize bullying behaviors, understand that

bullying is not acceptable, respond appropriately if they are bullied, know what to do when others are bullied, and more. Other activities focus on raising self-esteem, building assertiveness skills, managing anger, celebrating diversity, and showing kindness to others. The workbook may be used as a stand-alone, as a companion to The Bully Free Classroom(R), or as part of an anti-bullying effort already in place in a classroom, school, district, or youth group.

作者介绍:

目录:

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