

# MY GAME PLAN

## For Playing Baffle Away Bullying!

### STEP #1: Stomach Breathe to Stay Calm, so I Don't React

*Focus all my thoughts on moving my stomach, so that I'm breathing in the calming way: Breathe IN... Stomach Goes OUT. Breathe OUT ... Stomach Goes IN.*

My Stomach Breathing Helpers (such as small stuffed animal or paperback book):

### STEP #2: Smile by Thinking Happy Thoughts

*Think about all the things I like – things that make me happy – instead of thinking about how mean or rude someone is being. Then just smile!*

My Happy Thoughts:

### STEP #3: Say or Do Something Completely Random & Harmless

*Plan ahead for what to say the next time someone is mean or rude. Get creative! It can be anything at all – as long as you're kind.*

My Completely Random & Harmless Comments (maybe a compliment such as: I like your shirt.):

My Completely Random & Harmless Questions (such as: How's your soccer team doing this season?):

How I Could Picture Them in My Mind to Make Them Seem Less Powerful (such as: in their pajamas!):

Things I Could Talk On and On About if I Need to Overwhelm Someone with Words (such as: something you've learned in school, or what you did last weekend):

*\*Remember, if you need to baffle someone without talking, you can always smile your most genuine smile, or laugh like you're having the time of your life!*

Things I Like About Me & Stuff Im Good at (or Im Getting Better at!):

People Who I Trust and Can Talk to About Anything:

IPBA Conference 2018: Session 4A: Student-Led:  
Baffle Away Bullying! Interactive Stage Play: Learn Life Skills to Help You  
Build Resilience and Manage Encounters with Anyone Who Mistreats You  
Wed, Nov 7, 2018 8:00am

At our Workshop, you'll also receive 2 pocket-sized cards:

**Card 1: Theatre of Peace/Act Like You Matter Social Media Card:**

Connect with us online, so we can remain in touch and continue to share best practices and our experiences about what we've tried and what really works!



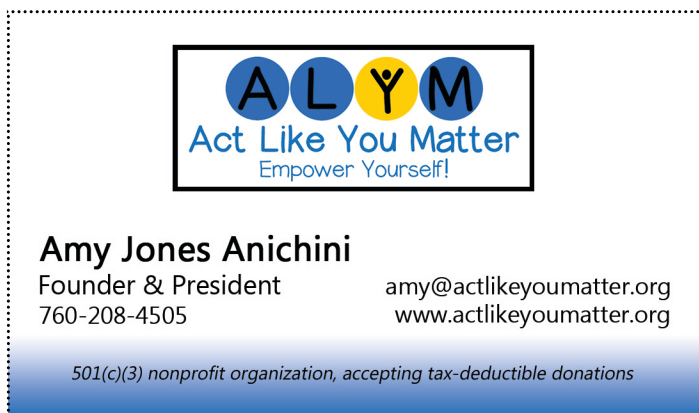
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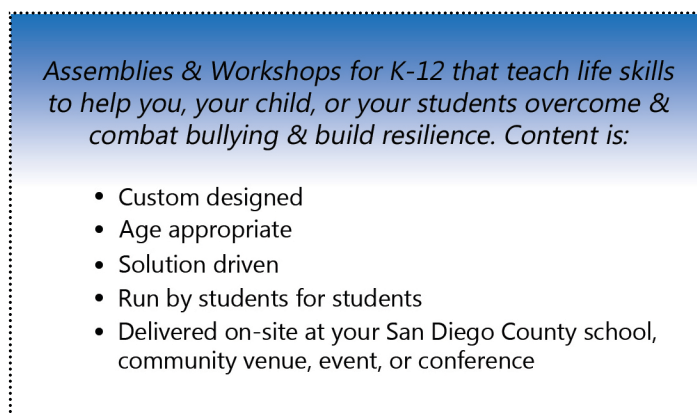
Back

**Card 2: Ms. Anichini's Business Card**

Reach out to her anytime with questions about Baffle Away Bullying, our other programs, or anything related to bullying prevention and intervention.



Front



Back