

BIG DEAL OR NO BIG DEAL?

**Shadow Lake Elementary
Fall 2010**

“Is this a Big Deal?” Poster:

Is this a BIG DEAL?
How am I feeling?

HOT
When someone:
• Hits you
• Threatens you
• Bullies you
- I feel angry!

I need help to solve this problem.
REPORT TO AN ADULT, NOT HURT THE PERSON.

WARM
When someone:
• Bumps into you on purpose
• Keeps making mean faces at you
• Says mean things to you
- I feel sad!

I need to solve this problem.
TALK IT OUT

COOL
When someone:
• Accidentally bumps into you
• Makes a silly face at you
- I feel annoyed!

I can solve this problem.
IGNORE IT, SAY "STOP"

Cool Actions



You look
stupid!



When I'm cool...

I can solve this problem!

- Ignore.
- Use your assertiveness steps:
 - Get calm.
 - Stand straight and tall.
 - Look at the person you are speaking to.
 - Say what you mean in a strong, clear, respectful voice.
- Walk away.
- Say "Sorry, Are you ok?"



Hey! Why did you shove me?



Warm Actions

He's MY friend!

No, he's mine!



When I'm warm...

I need to solve this problem.

I feel safe. Let's talk it out.

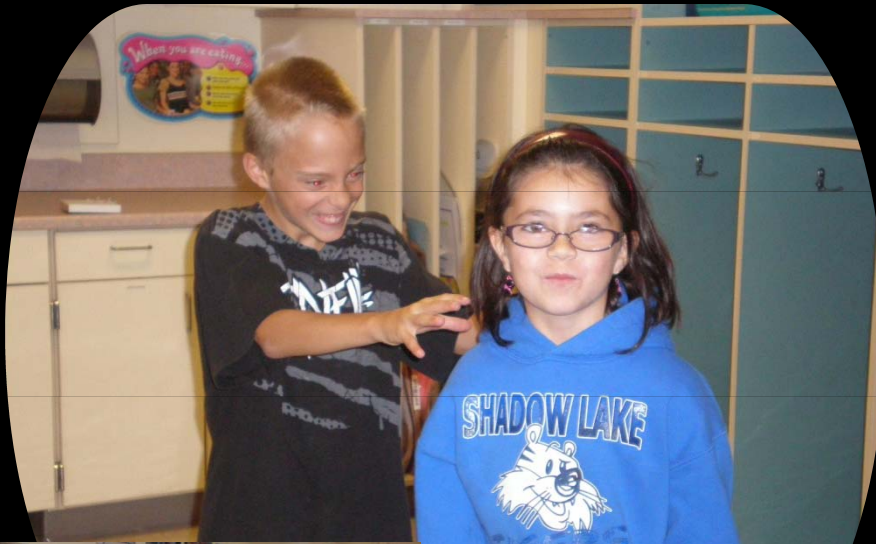
- Use the problem solving steps.
 - What is the problem?
 - What are some solutions?
 - For each solution, ask yourself:
 - Is it safe?
 - How might people feel?
 - Is it fair?
 - Will it work?
 - Choose a solution
 - Is it working?



Hot Actions

- Physical aggression – someone is getting hurt
- Verbal aggression – threats, swearing, name calling
- Bullying: unfair and one-sided. It happens when someone repeatedly hurts, frightens, threatens, or leaves someone out on purpose.
 - Rumors
 - Social exclusion: repeatedly leaving people out of games, clubs that leave people out

Hot Actions



When I'm **hot**...

I need help to solve this problem!

I don't feel safe. I need to report to an adult.

- Take steps to be safe.
 - Walk away
 - Calm down
 - Keep your hands, feet, objects to yourself.
- Find an adult right away.
- Report your feelings and the facts.
 - Reporting vs Tattling
 - Always report to an adult the same day!



IS THIS A **BIG DEAL** OR NO BIG DEAL?



Thumbs Up = Big Deal

or

Thumbs Down = No Big Deal



We are Community Contributors and Problem Solvers!

- ▣ Compliment each other
- ▣ Walk, not run!
- ▣ Respect one another
- ▣ It is all of our responsibility to take care of our school!



Your turn!

Create a motto that deals with one of the three temperatures (cool, warm, hot).

For example:

When you're hot, don't blow your top.
Just report, and things will stop.