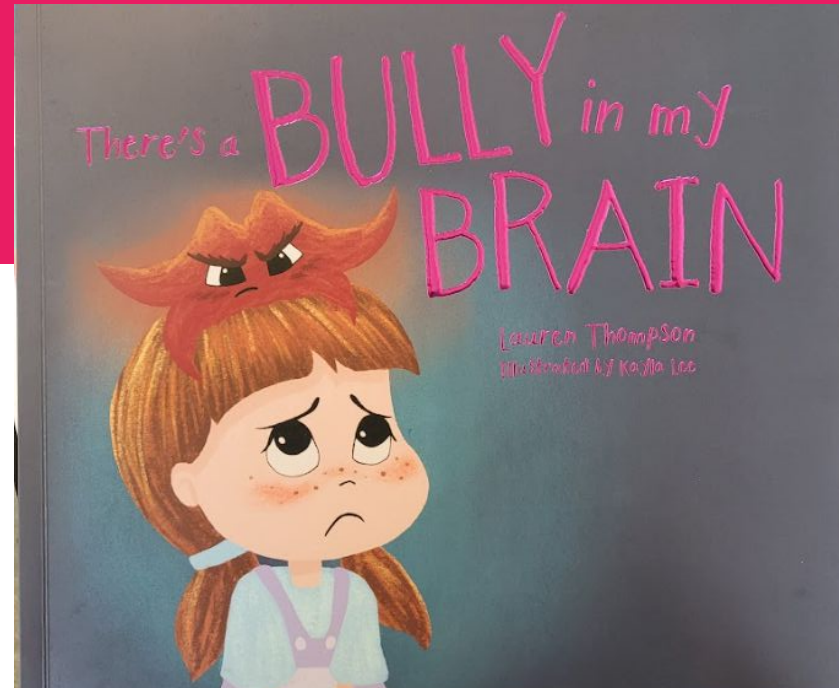


# There's a BULLY in my BRAIN

Written by Lauren Thompson

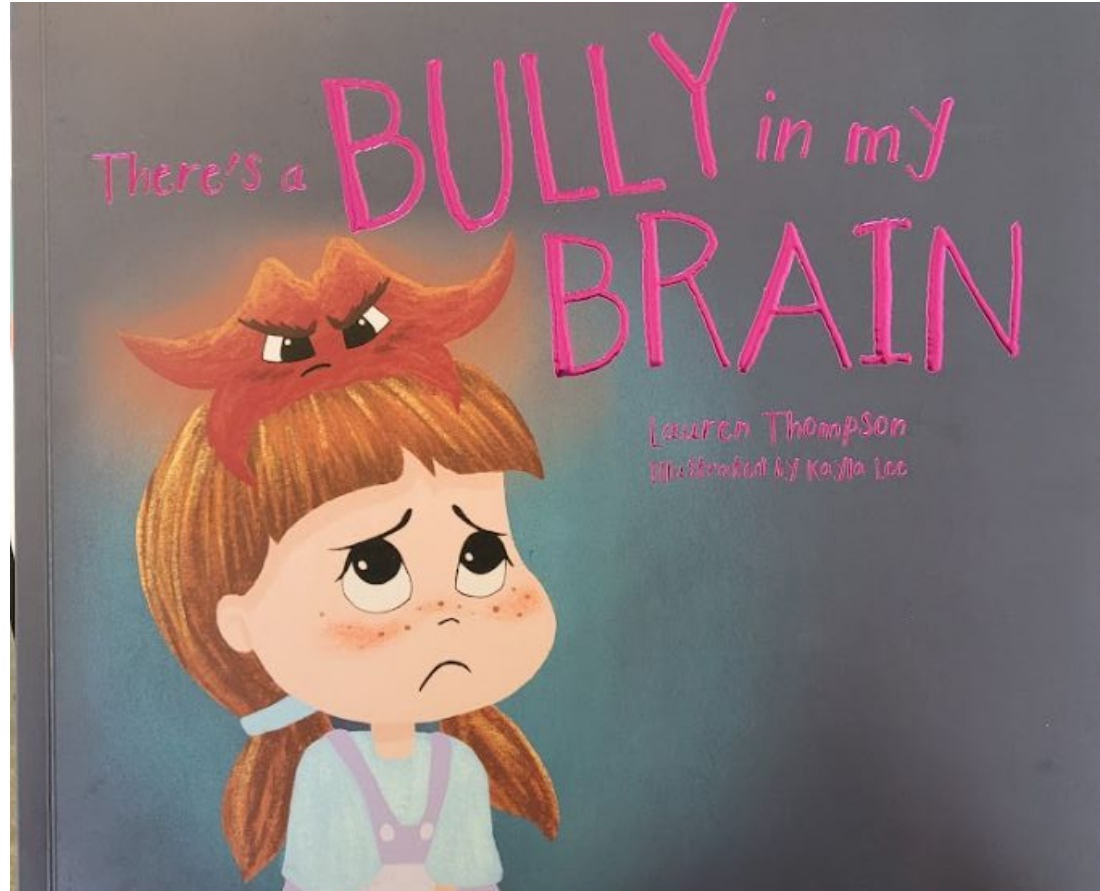


# Predict

What do we think the book is about?

List the students answers:

-



# Prior Knowledge

What is a 'Bully'?  
What is 'Bullying'?

List the students answers:

Bully:

-

Bullying:

-



# Bully and bullying definition

---

A Bully is someone who says mean, unkind and untrue things about someone else.



What is  
Bullying



Bullying is an ongoing or repeated misuse of power in relationships, with the intention to cause deliberate (on purpose) psychological harm.

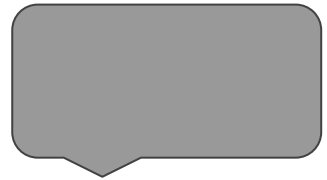
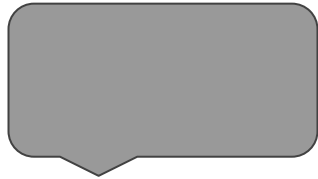
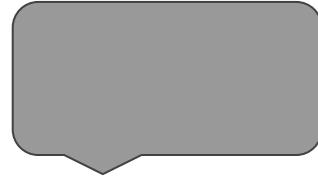
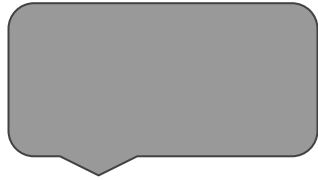
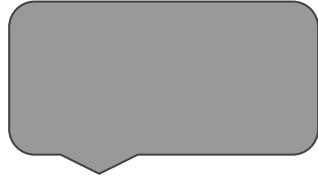
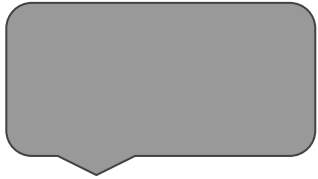
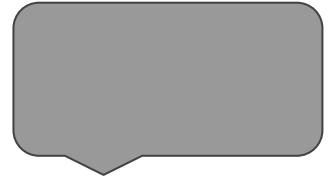
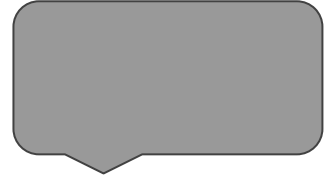
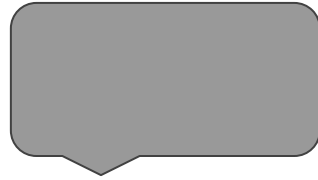
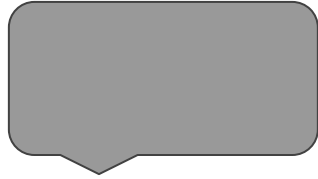
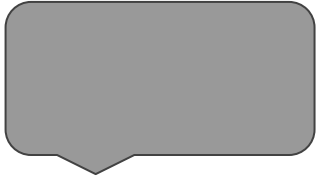
This means:

Bullying is something that happens when someone is unkind more than once and is aimed to hurt someone.

**Read Book**

# Discuss how mean and unkind the bully was

--- What are some of the mean and unkind things the bully said?



How would you feel if someone said these things  
to you?



**These things are unkind words and untrue.**



**Have you ever had a bully in your brain that has said any of these unkind things?**

# What happened with the girl next in the book?

Did the girl let the bully  
make her feel unhappy or did  
she stand up to the bully?



**What are some  
ways you could tell  
the bully in your  
brain to go away?**

List them here:

-

---

Where does the bully in  
her head come from?

Who is the bully in her  
head really?



# The bully in her head is actually herself!

---

We have a name for the talk we hear in our thoughts, it is called self talk. Everybody has a voice in their head which self-talks to them. Sometimes it can be a bully but when it is positive it is our buddy. Different thoughts pop into our head at all times. Sometimes we need to be careful which thoughts we listen to because that voice in our head can have a big effect on our feelings. If we listen to the bully it makes us feel awful, sad, lonely and worthless. If we listen to the buddy it helps us to have a go at things, make friends and be happy.



**What did the girl realise at the end?**

She could **CHOOSE** what voice she listened to.

When she stopped listening to the bully, a kinder friend, a buddy showed up instead.

WE CAN ALL MAKE THIS CHOICE!

## Your activity

---

You are to draw a picture of yourself with a self-talk 'buddy'.

Draw and write some of the positive things your buddy would say to you.

