

Dear Parents,

You may not know that 160,000 American children skip school each day because of bullying. The good news is that bullying is a learned behavior that, working together, we can do something about. Your children have been participating in a school program – A Friendship Adventure with Ronald McDonald™ – that was designed to teach these and other important skills.

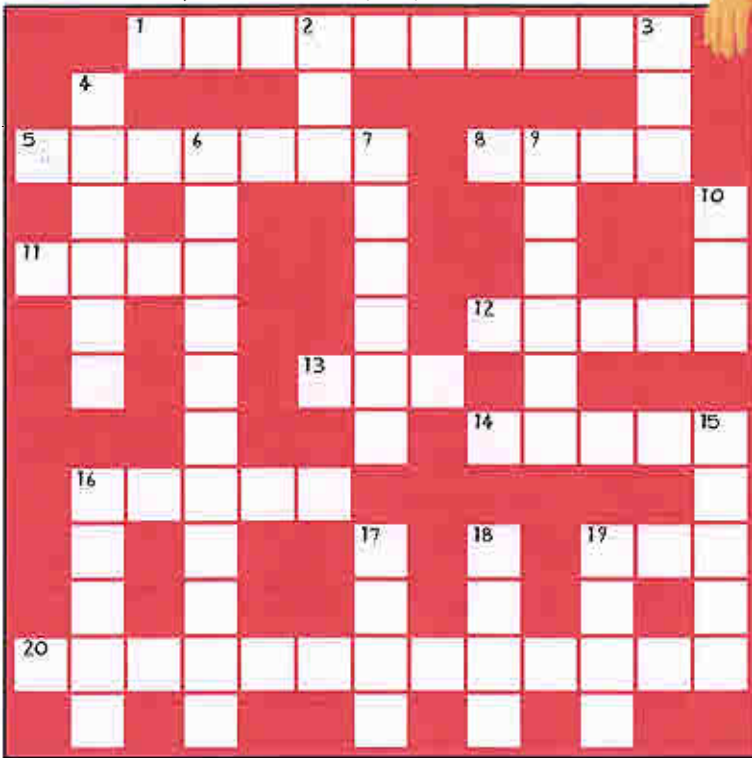
I've endorsed this program not only because its content is educationally sound, but also because it uses a familiar character that children are comfortable with to deal with this sensitive topic in a way that is positive, fun and – most importantly – very memorable. To arm your child with these vital skills, we need your help. There's actually quite a bit you can do:

- * Take your child seriously – Don't tell them there's nothing to be afraid of or that they need to toughen up. Reassure your child that you will find a way to keep them safe.
- * Get to the bottom of anything suspicious – Missing personal items or a ripped jacket can be perfectly innocent... or the sign of something much more serious.
- * Gather facts – You need to find out exactly what is going on to formulate the right plan of action.
- * Don't make promises – You may have to protect your child, so make no promises to keep things confidential.
- * Offer specific tips for a plan of action – Most kids can't handle bullying on their own. They need your help, so provide it.
- * Do the following crossword puzzle with your child – Many of the tips and techniques you can use to form a plan of action to handle bullying are contained in the puzzle.

With your help, we can give every child the chance to enjoy their school days to the fullest! Thank you for getting involved... it really does make all the difference.

Best regards,

Dr. Michele Borba
author of *Nobody Likes Me, Everybody Hates Me*



By Jan Beeber Mailer (For more KAPD fun, visit www.kapd.com)



ACROSS: 1 Friendship, 5 Teacher, 8 Tell, 11 Hero, 12 Bully, 13 All, 14 Helps, 16 Shame, 17 Two, 20 Get out and play
DOWN: 2 Eye, 3 Tor, 4 Defend, 6 Cooperation, 7 Ronald, 9 Excuse, 10 Say, 15 Story, 16 Shout, 17 Team, 18 Kids, 19 Talk

KIDS ACROSS/PARENTS DOWN®

Share the fun of A Friendship Adventure with Ronald McDonald™. You figure out the Down clues, while your child solves the Across clues.

KIDS ACROSS:

1. A _____ Adventure with Ronald McDonald™
5. Leader of the class who helps students learn
8. It's a good idea to _____ a 5 Across when someone is being picked on
11. Someone who stops a person from making fun of another (anyone can be one)
12. A _____ disappears when a 5 Across is near
13. We don't care if you're big or small. A hero is a friend to one and _____!
14. A friend is a person who _____ others when they need a hand.
16. Friends _____ their toys, games and even their ideas with each other
17. Number of 16 Downs Ronald® wears
20. What should you do for an hour each day (4 words)

PARENTS DOWN:

2. Parents should keep an _____ out for changes in behavior as they could be _____ signs of bullying
3. Friend or bully
4. One way children can _____ themselves against a bully is to walk away
6. The act of working together
7. The star of the show
9. Kids should understand that there is no _____ for bullying
10. If a child needs to respond to a bully, he or she should _____, "No," "Cut it out," or "Leave me alone!" in a firm, strong voice
15. A bedtime tale
16. 7 Down's red footwear
17. Group that collaborates with a common goal in mind
18. Young people who solve the across clues of this puzzle
19. The best way to help children cope with a bully is to listen when they _____

Continue the fun of
A FRIENDSHIP ADVENTURE
with Ronald McDonald™

Teacher's Guide



Discover easy ways to promote friendship and cooperation in your classroom.

Continue the fun of A Friendship Adventure with Ronald McDonald™ throughout the school year.





Sharing any adventure doubles the fun.

Practice Friendship Skills!

As elementary school students continue to develop social skills, it's important to constantly reinforce the fact that you have to be a good friend to have good friends. Use the following tips and activities to teach your kids how to practice good friendship skills on a daily basis.

Classroom Activities

- * Rotate class seating assignments every 1-2 weeks to foster interaction between all your students and thereby increase the creation of "teachable friendship moments"
- * Have one student look for an example of friendship behavior in magazines or the newspaper each week. Encourage them to seek their parents help.
 - Each week, have the student with the assignment share their example with the class and post it on a friendship collage on the classroom wall
 - As the collage builds throughout the year, use the examples your students provided to reinforce good friendship behaviors and correct negative ones as you observe them.



Teamwork makes anything possible.

Unlock the Key to Cooperation!

Cooperation is a basic life skill that allows all of us to work successfully in groups and interact positively with others. Adapt the following tips and activities for your classroom to help develop this important skill in your students.

Classroom Activities

- * When you see your students cooperating - in class, on the playground and at lunch - give positive reinforcement in front of their peers.
- * Initiate a fun project - tied to a particular issue (e.g. littering/conservation) or school event (e.g. a festival or fundraiser) - that your students must work together on to complete it successfully.
- * Tell your students they are about to become a hot new music group.
 - Split them into groups and assign them their "instrument" (e.g. humming, singing, clapping, stomping, snapping, whistling, etc.)
 - Tell them the goal is to build on what each group is doing to create a little music.
 - Point to the groups one at a time, giving each one time to practice their "riff."
 - Start adding the groups together, varying the timing and duration of each group to create an instrumental piece.
 - When the song is complete, discuss why this activity was so much fun, focusing on cooperation as the key to making beautiful music of all kinds.



Confidence is the key to success.

Don't Let Bullies Stand in Your Way!

More than **160,000** students skip school each day because of bullying and peer pressure. The best way to prevent bullying is to mobilize peer compassion and teach healthy ways to stand up to bullying behaviors. Use the following tips and activities to start bully proofing your students.

Classroom Activities

- * Constantly look for ways to boost each student's self-esteem. Identify an avenue - such as a hobby, interest, sport, or talent - that they enjoy and can excel at and help them develop that skill.
- * Have each student imagine and write up a bullying situation.
 - For younger students, list the situations on the board for them.
 - Discuss each situation, focusing on:
 - Why it is bullying.
 - How they would react if they were facing it.
 - How you would handle it.
 - To make it a little more fun and interactive, try a role playing exercise:
 - Assign the part of the bully and the person being bullied to two students.
 - Remind them of the tactics for handling bullies you've discussed.
 - Have the kids role play each situation.
 - Ask the class to identify which tactics were used and discuss what others might have worked in that situation.

Be ready for any adventure that comes your way

Go Active!

Leading a balanced active lifestyle forms the foundation of every student's success. Physically fit kids sleep better, enjoy stronger self esteem and handle everyday physical and emotional challenges better. Incorporate the following activities into your lesson plan to promote this important foundation of all character development.

Classroom Activities

- * Kids learn by example, so share with your class every Monday what you did to Go Active! over the weekend.
- * Give your students a choice of four activities every Friday - they can even help you brainstorm them - and follow up the next week to see who completed the "assignment" Give extra credit for getting their family involved.
- * Go to www.passport2play.com and share with your students how kids around the world Go Active! Share the site with your PE teachers and ask them to consider incorporating some of the games into their lesson plans.