



## **One Can Count IN ACTION**

### **7 Simple Activities to Begin**

**Tangled Ball.com**

*Note: All of these activities can be done within a half-hour period.*

#### **1. One Can Count Bookmarks**

**Materials Needed:** Paper, Scissors, Crayons and/or Markers or Pencils, Pens and/or Crayons, Template of the Number 1 about 6" long or larger

Using construction or other type of paper, create a small Cutout (about 6" long or larger) of the Number 1.

**Activity:** Each partner gets a cutout. Draw lines in the **One** and have the partners fill in this line together:

*"I am a ONE when I..."*

Decorate the **Ones** together....and Display!

#### **2. One Can Count Character Connectors**

**Materials Needed:** Strips of colored paper about 2" wide and 6" inches long, Pens and/or Pencils, Crayons and/or Markers

**Activity:** Bright construction paper rings are looped and intertwined to highlight how we can be an important link in a chain effect of kindness. Use scissors to cut wide strips of construction paper. Students can choose which color they would like based on the colors in **One**. With markers or crayons, each student writes their

name and a message of kindness, such as “One Can Count,” “Offer Help,” “Be Kind to Others,” “Speak Up for Yourself,” “Speak Up for Others.” Older partners can also help their younger partners write specific ways they are a **One**, such as “*I was good to my brother,*” etc. or a kind deed that makes them a leader. Hook together their two strips of paper and then continue with each set of partners until there is a leadership chain!

### 3. One Can Count “Supersized Ones”

**Materials Needed:** Large Rolls of Paper, Scissors, Crayons and/or Markers

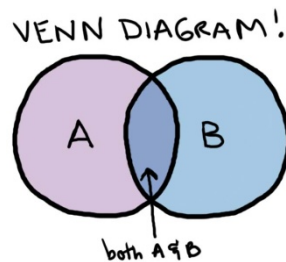
**Activity:** Cut out large “**Ones**” that will be eventually displayed on a large wall. (Suggestion is to make them 4ft. tall or larger but they can be any size.)

Write words down the middle such as LEADERSHIP, KINDNESS, ONE CAN COUNT, EMPATHY, COMPASSION, RESPECT. Students can play an active role in choosing the words.

Have groups decorate the “**Ones**” and display them in obvious areas around the school, i.e., at the entrance, near the cafeteria, in the halls, etc.



### 4. Zero Venn Diagram: How Are We Different? How Are We the Same?



The book **Zero** is about how each one of us has value.

**Materials:** Poster board or construction paper. Individual Photos of the Partners (optional), Pens and/or Pencils, Crayons and/or Markers

**Activity:** Create a Venn Diagram. In each overlapping circle (or “zero”) have the partners write some interesting things about themselves and what they like. (Optional: Paste their photo on the side that lists their interests.) In the overlapping section, write what they have in common. Have them talk about what makes them different and what makes them the same! Decorate and Display.

## **5. One Can Count Go-To Adult Certificate**

**Materials Needed:** Certificate and Letter (can be downloaded at [Tangled Ball.com](http://TangledBall.com).)

Most experts tell children to “*go to a trusted adult*” when they are experiencing a bullying issue. It is important for children to name an adult in their lives that can fill that role. It can be a mother, father, teacher, grandparent, aunt or uncle. In other words, they should choose someone safe and supportive.

**Activity:** Students can fill out the **One Can Count Certificate** to give to the person they identify, i.e., someone they feel is a trusted and helpful person to go to when they are having a problem. They do this in school and bring it home or give it to a trusted teacher or staff member.

The certificate should accompany the **One Can Count Go-To Adult Letter** that gives that trusted person some general guidance on how to help. The certificate and letter can be duplicated as a two-sided document.

## **6. One Can Count Attitude of Gratitude:**

**Materials Needed:** Enthusiasm, Party Skills, Pens and/or Pencils, Crayons and/or Markers, Paper

**Activity:** Have younger partners plan a surprise celebration for their older partners. It can be at a holiday, such as Valentine’s Day, or even at the end of the year for graduation.

Help them make signs for decorations. Work with them on making it a successful surprise.

Enlist the help of parents of younger children to provide snacks. Have younger students write thank you notes to their older partners. Take photos of each set of partners for an end of year slide show.

## **7. Other Ideas: Showcase Their Talents! Highlight Their Successes!**

- Create a Song
- Act out the book **One** (Activity Sheet can be downloaded at [Tangled Ball.Com](http://Tangled Ball.Com).)
- Paint! Even Pre-K students can create their own **One Can Count** artwork by using white paper plates, painting them their favorite colors and adding faces.
- CATCH STUDENTS IN THE ACT OF BEING LEADERS!

Whether it's charity work, carrying out a job in the classroom, seeing them stick up for someone else or just being kind to their young partner, let them know you caught them in the act of being a leader. Positive reinforcement is the best teacher, especially if it's a child that tends to be exhibiting mean behavior. (Notice, we didn't say "bully." Giving a child the label of being a bully gives them a reason to live up to it. As you know, a child can act like a bully one day and be the target the next day and vice-versa.)

- MEDABO Cards (**M**ake **E**very **D**ay **A** **B**etter **O**ne)



These handy dandy cards make it easy to recognize students (and staff, too) who do something kind and exemplify leadership. The recipient of the card can either keep it or pass it on to someone else when they witness another person's act of kindness. (Leadership is seeing the good in others, too.) Simple but effective! Soon you will have everyone making everyday a better one. The cards can be ordered through [MEDABO.org](http://MEDABO.org) or [Tangled Ball.Com](http://Tangled Ball.Com)

**Finally**, we encourage you to share YOUR ideas with US! Email us at [thetangledball@gmail.com](mailto:thetangledball@gmail.com) and tell us how clever you are, how talented your students are and how much fun prevention can be!

## Other Helpful Resources

### **General Information and Tools:**

[Stop Bullying.gov](http://StopBullying.gov)

[Pacer.org](http://Pacer.org)

[National School Climate Center/Bully Bust \(NCSS.org\)](http://NationalSchoolClimateCenter/BullyBust(NCSS.org))

[WITS.org](http://WITS.org)

### **Internet Safety:**

[Yoursphere.com](http://Yoursphere.com)

### **Initiatives:**

[The Leader In Me](#)

[Olweus Bullying Prevention Program](#)

[Steps to Respect](#)

For a more comprehensive list go to the [Tangled Ball Blog](#).