



**TEXT PLEDGE**

RISE UP

# ACTIVITY BOOK

**ACTS OF VIOLENCE**

KINDERGARTEN & FIRST GRADE



**NAME:** \_\_\_\_\_



**TEXT PLEDGE IS A NONPROFIT IN GREATER GRAND RAPIDS, MI, THAT SEEKS TO CHANGE THE WORLD ONE PLEDGE AT A TIME. OUR 10 PLEDGES FOCUS ON ENDING SOME OF THE WORST SOCIAL ISSUES AFFECTING OUR COMMUNITIES, FROM DISTRACTED DRIVING TO ACTS OF VIOLENCE. EACH PLEDGE CHALLENGES MEMBERS TO PRACTICE COMPASSION, SPEAK UP WHEN THEY WITNESS INJUSTICE, AND HELP OTHERS IN TIMES OF CRISIS. TOGETHER, WE CAN MAKE THE WORLD A KINDER PLACE.**



[www.textpledge.us](http://www.textpledge.us)



## A Message From Our Founder

*Violence is when we use actions or words that can hurt others and make them feel sad or scared. One way we can avoid violence is to think about how our actions will make others feel. Is this something that will cause me or another friend pain, grief or hurt? Or will this cause joy, excitement or happiness? Think before you act. Remind your friends, parents and loved ones to be kind.*

*In this lesson, we will identify various types of violence and the impact this violence will have on others.*

*Have you witnessed acts of violence? **Crisis lines are available at [textpledge.us](http://textpledge.us)***

*Happy Learning!*

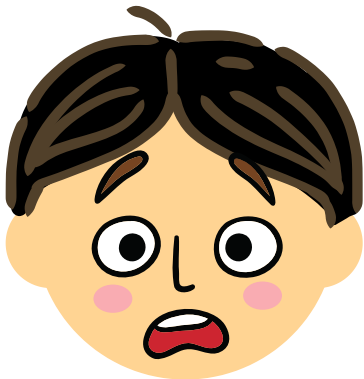


**Ms. Naomi**  
Founder at the TextPledge Project

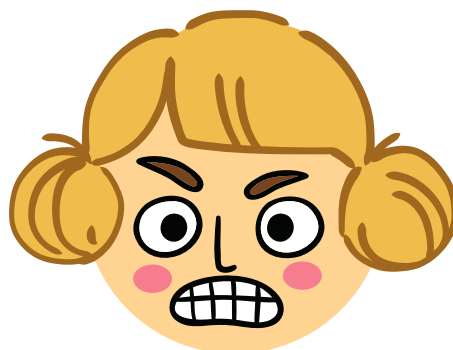
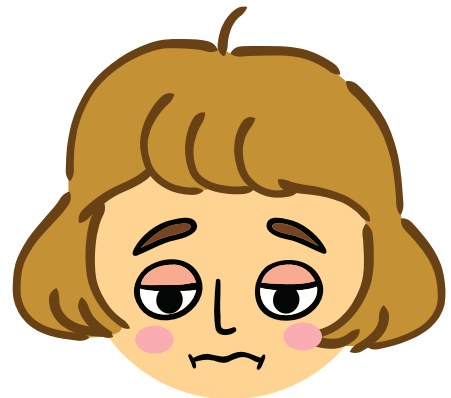


# MATCH FEELINGS

Match each emotion by drawing a line from each image to its description.



**Tired**  
**Surprised**  
**Happy**  
**Angry**  
**Sad**  
**Afraid**



# WRITE FEELINGS

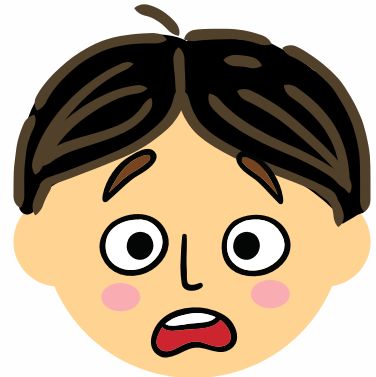
Trace the words that describe each emotion.



Happy



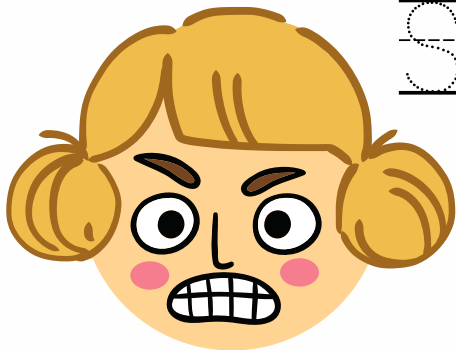
Sad



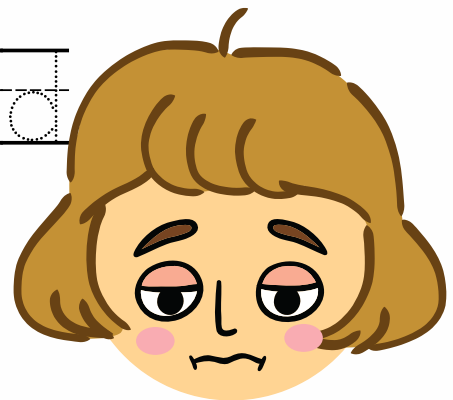
Afraid



Surprised



Angry



Tired

# DRAW YOUR FEELINGS

Draw the face to show how you feel in each scenario.

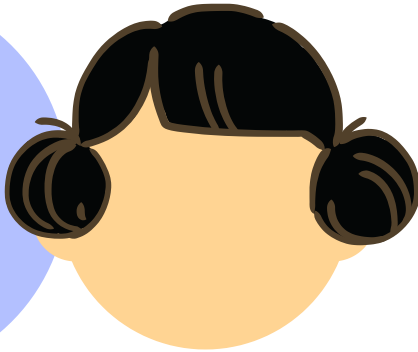
This is how I  
feel on my  
birthday.



This is how I  
feel when  
someone hugs  
me.



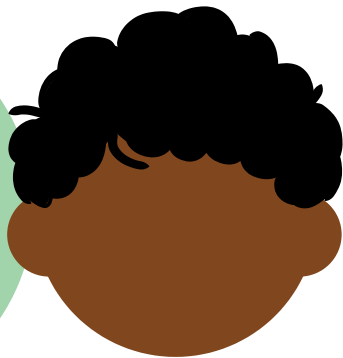
This is how I  
feel when I  
am bullied.



This is how I  
feel when  
people argue.



This is how I  
feel when I am  
at school.



This is how I  
feel when I  
make a  
mistake.



# I MADE A MISTAKE

Which of the following can I do when I make a mistake?

Check the boxes below that apply to you.

- Be honest that I've made a mistake.
- Sincerely apologize to anyone affected.
- Forgive myself for making a mistake.
- Think of ways to do it better next time.
- Remind myself that everyone makes mistakes.
- Breathe, relax, and try again.
- Reflect on the mistake.
- Learn from my mistake.
- Address the root cause of my mistake.
- Share what I've learned.
- Allow myself to feel my emotions.
- Be patient with myself.
- Ask for help.
- Avoid the urge to dwell on the mistake.
- Remember that I am not a mistake.

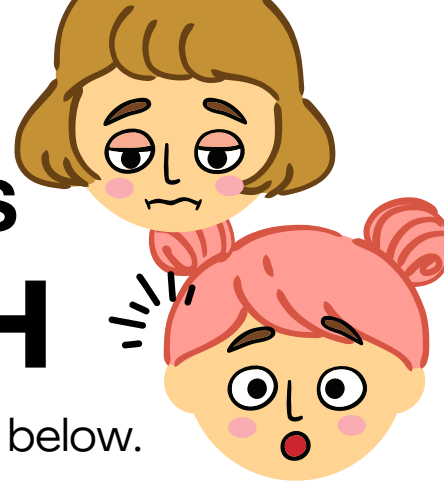
Oh, no!





# EXPRESSING EMOTIONS

## WORD SEARCH



Find and circle the words in the word bank below.

R G L O S C D T A  
A I T O C P H T A  
W C I H A P P Y T  
S U R P R I S E D  
M N E A E F A D O  
R G D O D C D T A  
J A N G R Y B S P  
A I S U R E D A D

**Surprised**

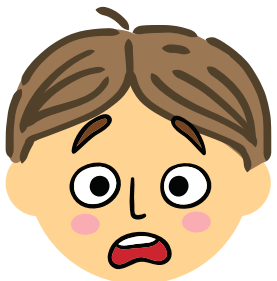
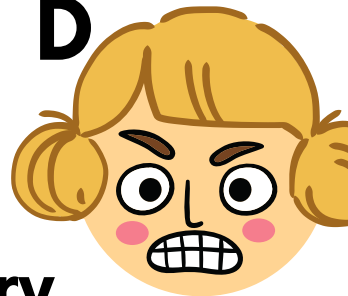
**Sad**

**Angry**

**Happy**

**Scared**

**Tired**





# COPING TOOLS

Which of the following can I do when I feel stressed?

Check the boxes below that apply to you.

- Take slow, mindful breaths
- Drink a cup of water
- Rest and take a break
- Stretch
- Write down my thoughts
- Listen to my favorite music
- Talk to someone I trust
- Get or give a hug
- Cuddle or play with my pet
- Use positive affirmations
- Use a stress ball
- Blow bubbles
- Make an artwork
- Take a walk outside
- Read a book or magazine
- Watch TV or a movie



# MY HOUSE

Every household looks a bit different. We have different relationships with everyone in the house. Identify who lives in your house by coloring the boxes below.



**FATHER**

**MOTHER**

**BROTHER**

**FAMILY PET**

**GRANDPA**

**GRANDMA**

**SISTER**

**FAMILY  
FRIEND**

**UNCLE**

**AUNT**

**COUSIN**

**OTHER**

# UNHEALTHY BEHAVIORS

Everyone responds to stress differently. There are healthy ways and unhealthy ways to cope with stress. Now that we have discussed healthy coping skills, let's identify some unhealthy behaviors.

Have you seen any of these unhealthy behaviors at school or at home?

**Draw a circle** around the pictures you have seen this behavior.

**Draw an "X"** over the picture if you have not seen them?



**CONTROLLING OR  
SILENCING OTHERS**



**BULLYING**



**FIGHTING**



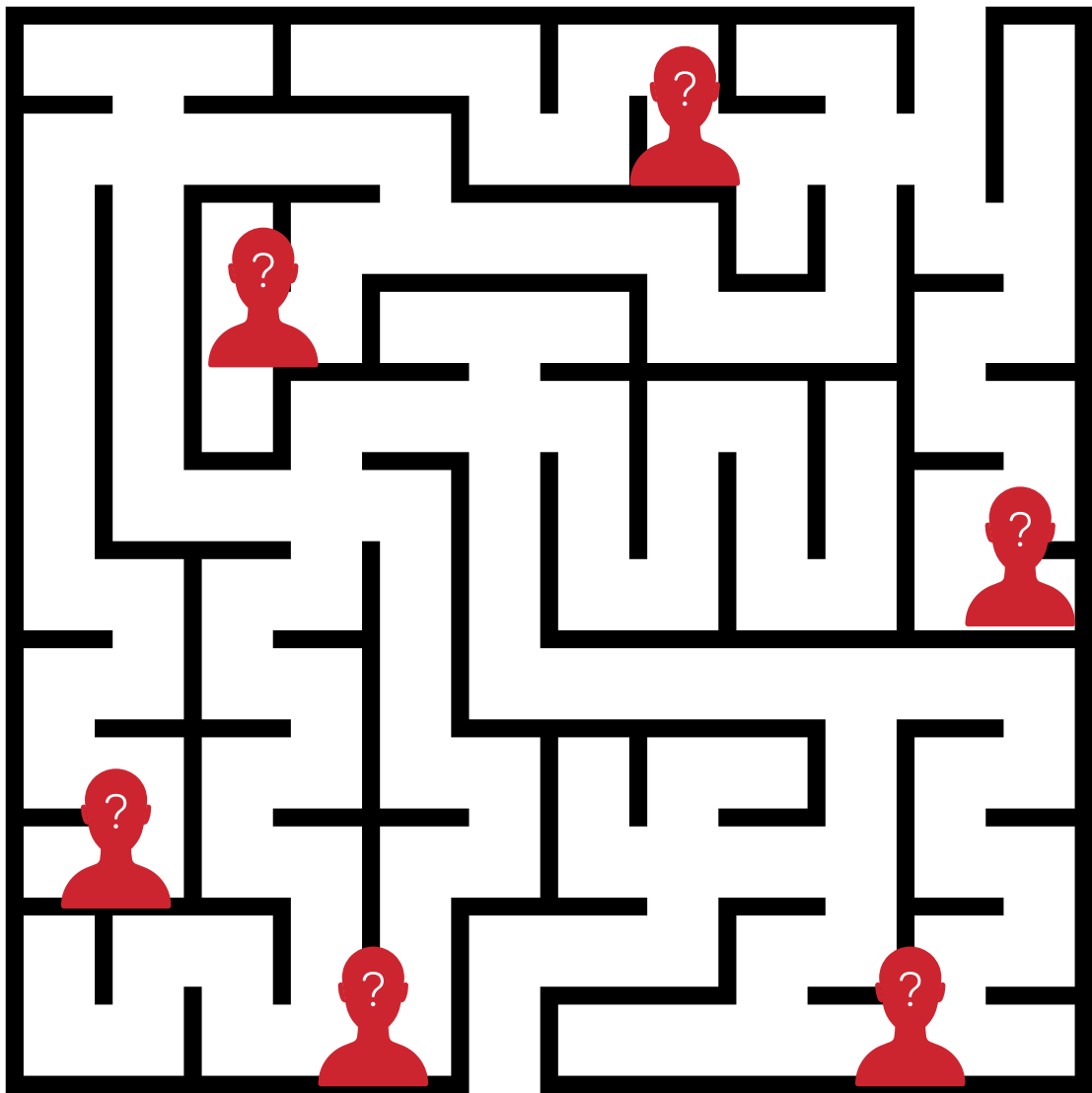
**HITTING**



**YELLING**

# STRANGER DANGER

Lilly and Henry are walking home from school. Help them find the way home. Avoid strangers along the way.



How many strangers did you count on your trip?



# STAYALERT

Do not take gifts from strangers. Gifts may include the following items that could be dangerous for your health.

Trace the name of each item.



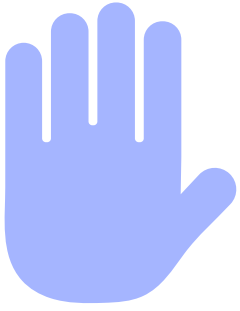
Food



Drink



Medicine



# KEEP ME SAFE



Recognize when a situation feels unsafe.

We encounter many people every day. Some people we know and others are new to us. Based on our relationship with people we may find certain behaviors **comfortable** or **uncomfortable**.

Below are some examples of common interactions you may have with people. Do any of these behaviors make you feel unsafe?

Draw a line from each image to indicate if each behavior is **safe** or **unsafe**. There are no wrong answers.



HUGGING



SAFE



DRIVING IN A CAR



SHAKING HANDS



UNSAFE



SHARING

# WHO WILL YOU CALL?

In addition to emergency response personnel, it is important to know which adult(s) to contact in the event of an emergency.

Work with your parent or guardian to complete this contact form.

**PRIMARY CONTACT**

**SECONDARY CONTACT**

**Name:**

**Name:**

**Mobile:**

**Mobile:**

**Telephone:**

**Telephone:**



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DESIGNED WITH STUDENTS IN  
MIND**

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