



**TEXT PLEDGE**

RISE UP

# ACTIVITY BOOK

**END ACTS OF VIOLENCE**  
**KINDERGARTEN & FIRST GRADE**



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

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

# ABOUT TEXT PLEDGE

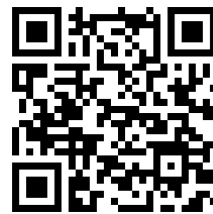


Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our pledges focus on ending some of the worst social issues affecting our communities, from distracted driving to acts of violence. Each pledge challenges members to practice compassion, and speak up when they witness injustice. We encourage you to help others in times of crisis. Together, we can make the world a kinder place.

Our pledge program includes the following elements available on our website [www.textpledge.us](http://www.textpledge.us) and the Text Pledge App available on iOS/Google Play.

## NATIONAL SMART CARD

EMERGENCY HOTLINES  
AND RESOURCES



FREE  
DOWNLOAD

## NATIONAL STATISTICS

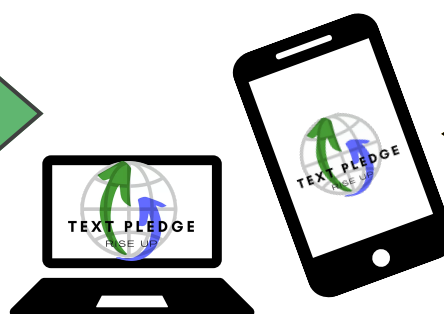
UPDATED MONTHLY  
TO REFLECT THE IMPACT OF  
EACH PLEDGE TOPIC IN OUR  
WORLD



VISIT OUR  
WEBSITE

## EDUCATION PROGRAMS

ACTIVITY BOOKS  
FOR AGES KINDERGARTEN  
THROUGH GRADE TWELVE.  
AVAILABLE ON THE TEXT PLEDGE  
WEBSITE AND THE MOBILE APP.



DOWNLOAD  
OUR  
MOBILE APP

[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](https://textpledge.us)***

*Happy Learning!*



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



# WHAT IS

# VIOLENCE?

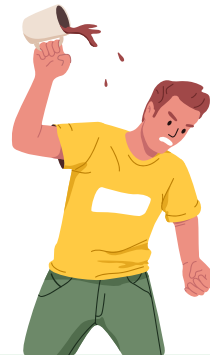
Violence is **intentionally causing harm to a person, animal, or object**. It can be physical, such as hitting or pushing, or emotional, such as using hurtful words or bullying. **Acting violently means behaving in a way that causes harm to others or damages property**. Always remember to treat others with kindness and respect. See below for some examples of violence.



Fighting



Yelling



Throwing or breaking objects



Holding someone against their will



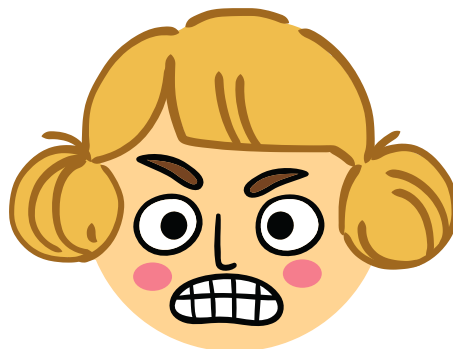
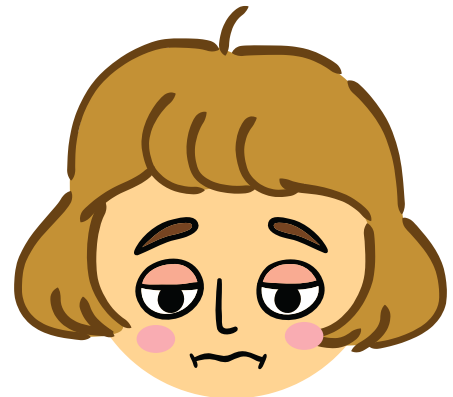
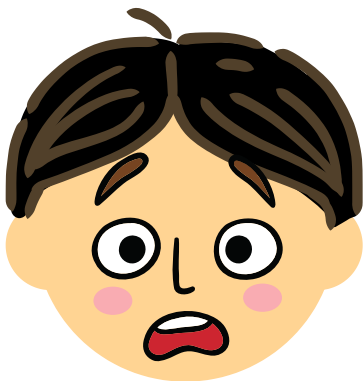
Taunting or bullying



Using a weapon to threaten

# 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



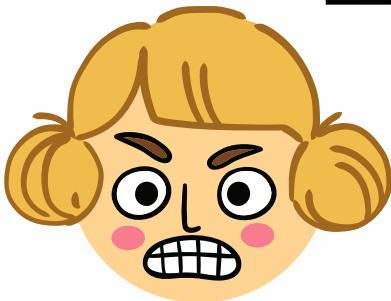
Sad



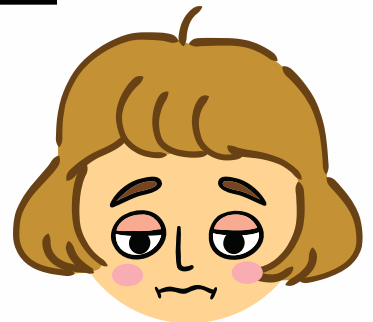
Afraid



Surprised



Angry



Tired

# DRAW YOUR FEELINGS

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

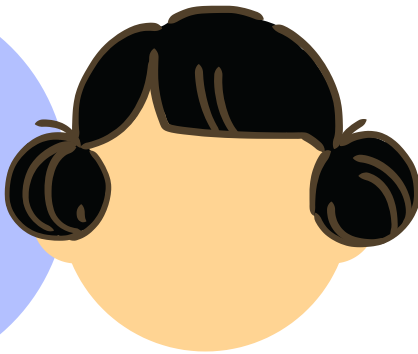
This is how I  
feel on my  
birthday.



This is how I  
feel when  
someone hugs  
me.



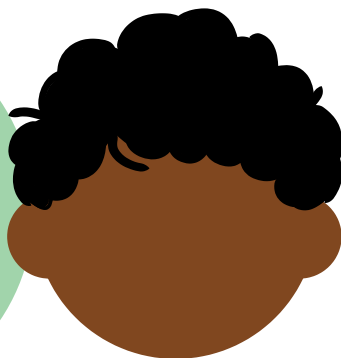
This is how I  
feel when I  
am bullied.



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

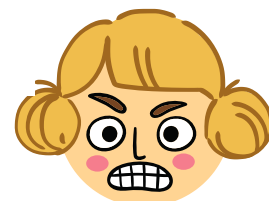
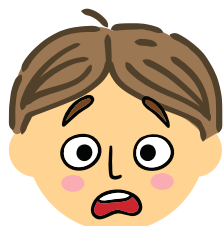
# WORD SEARCH



Find and circle the emotions in the word bank below.



O	P	F	X	L	U	C	R	L	T
Y	B	D	P	D	M	P	Y	I	F
H	G	A	N	G	R	Y	Z	Q	Z
S	C	A	R	E	D	G	D	M	Y
H	S	U	R	P	R	I	S	E	D
N	X	F	Z	W	E	Z	W	H	O
S	A	D	U	B	Y	E	W	A	T
D	K	T	I	R	E	D	H	P	U
L	G	C	G	R	C	V	R	P	N
I	E	M	M	L	U	V	Z	Y	S



**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.

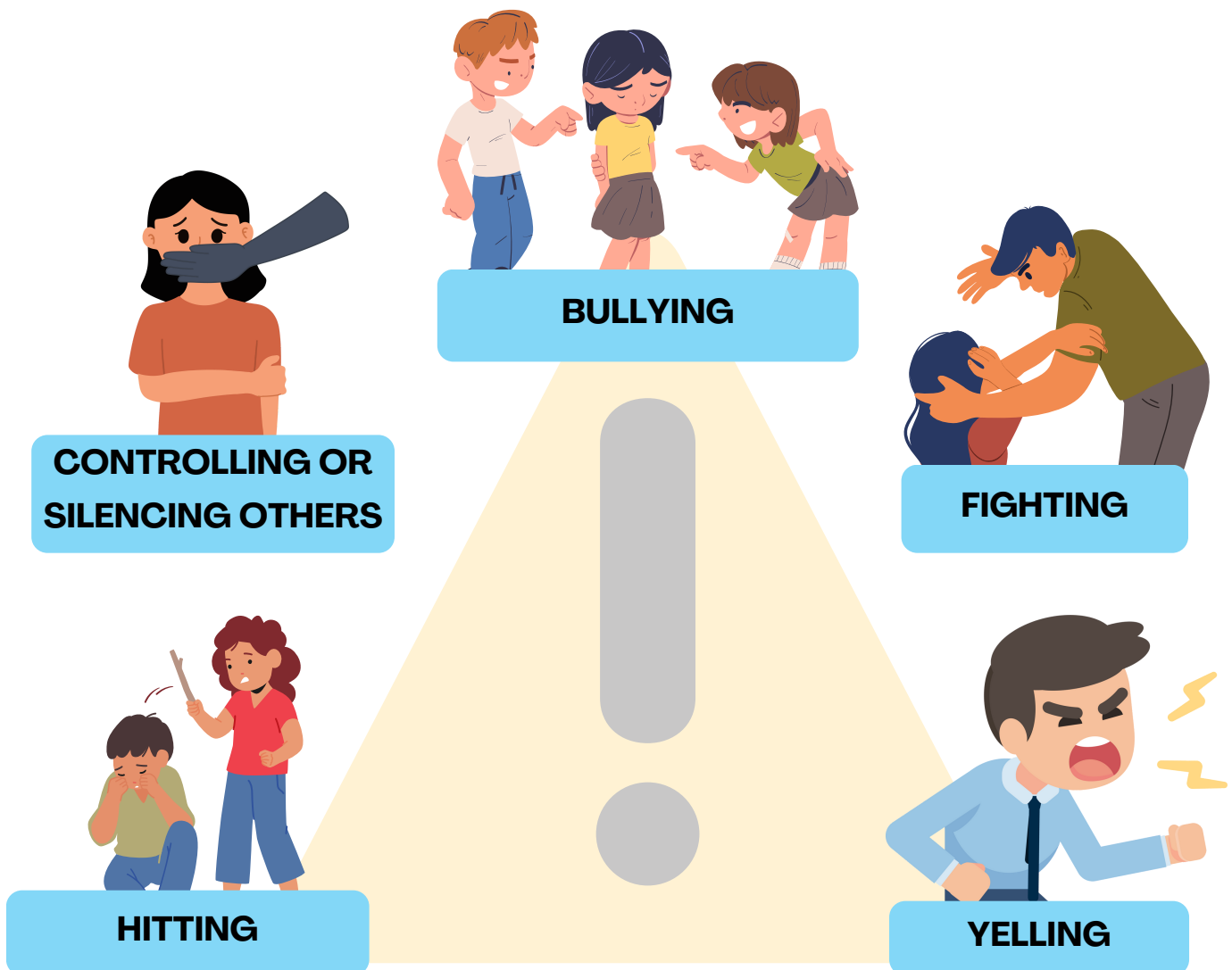
- ☒ Take slow, mindful breaths
- ☐ Drink a cup of water
- ☐ Rest and take a break
- ☐ Stretch
- ☐ Write down my thoughts
- ☐ Listen to my favorite music
- ☐ Talk to someone I trust
- ☐ Get or give a hug
- ☐ Cuddle or play with my pet
- ☐ Use positive affirmations
- ☐ Use a stress ball
- ☐ Blow bubbles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



# UNHEALTHY BEHAVIORS

Everyone responds to stress differently. In our previous activity we identified healthy coping skills. In this activity we will identify some unhealthy behaviors that do not demonstrate good coping skills. 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 think it is an unhealthy behavior.



# 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 that matches who lives in your house.



**ME**

**FATHER**

**MOTHER**

**BROTHER**

**FAMILY PET**

**GRANDPA**

**GRANDMA**

**SISTER**

**FAMILY  
FRIEND**

**UNCLE**

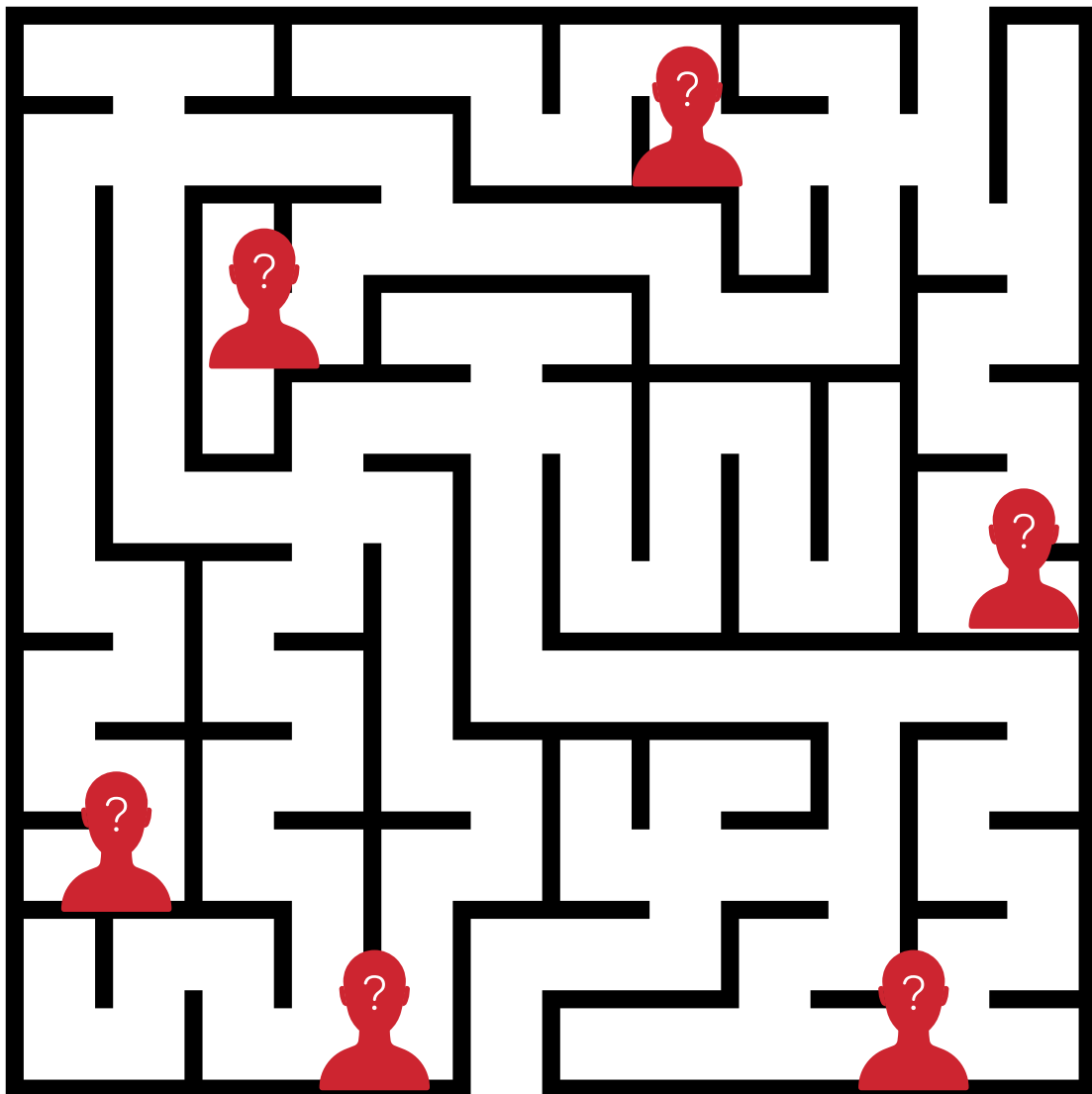
**AUNT**

**COUSIN**

**OTHER**

# 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 in this  
maze?**



# STAY ALERT

**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

# YOUR COMFORT ZONE

When does a situation feel 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 make you feel uncomfortable?

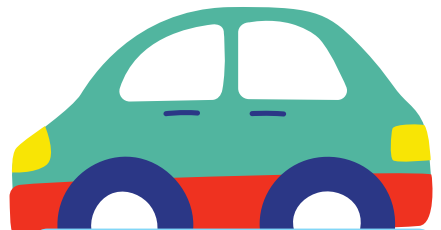
Draw a line from each image to indicate if each behavior is **comfortable** or **uncomfortable**. There are no wrong answers.



**HUGGING**



**COMFORTABLE**



**DRIVING IN A CAR**



**SHAKING HANDS**



**UNCOMFORTABLE**



**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:**





**TEXT PLEDGE**

RISE UP



**A SMART PLEDGE PROGRAM  
DESIGNED WITH STUDENTS IN  
MIND**

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

Copyright © 2024 Text Pledge