



TEXT PLEDGE

RISE UP

ACTIVITY BOOK

END ACTS OF VIOLENCE
KINDERGARTEN & FIRST GRADE



NAME: _____

www.textpledge.us

ABOUT TEXT PLEDGE

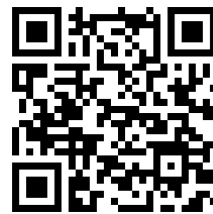


Text Pledge is a nonprofit in Greater Grand Rapids, MI, that seeks to change the world one pledge at a time. Our pledges focus on ending some of the worst social issues affecting our communities, from distracted driving to acts of violence. Each pledge challenges members to practice compassion, and speak 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 and the Text Pledge App available on iOS/Google Play.

NATIONAL SMART CARD

EMERGENCY HOTLINES
AND RESOURCES



FREE
DOWNLOAD

NATIONAL STATISTICS

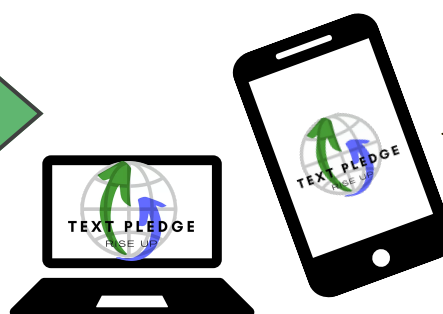
UPDATED MONTHLY
TO REFLECT THE IMPACT OF
EACH PLEDGE TOPIC IN OUR
WORLD



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





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***

Happy Learning!



Ms. Naomi
Founder at the TextPledge Project



WHAT IS VIOLENCE?

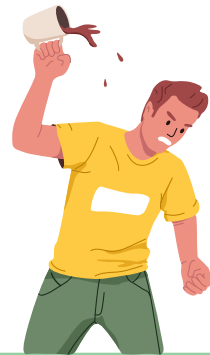
Violence is **intentionally causing harm to a person, animal, or object**. It can be physical, such as hitting or pushing, or emotional, such as using hurtful words or bullying. **Acting violently means behaving in a way that causes harm to others or damages property**. Always remember to treat others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



Fighting



Yelling



Throwing or
breaking objects



Holding someone
against their will



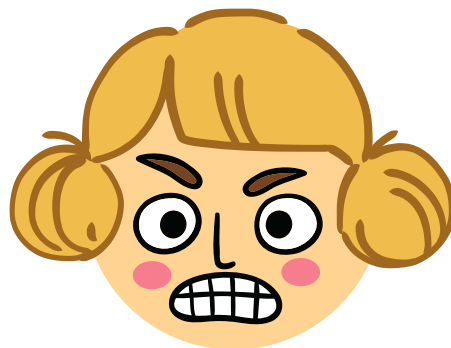
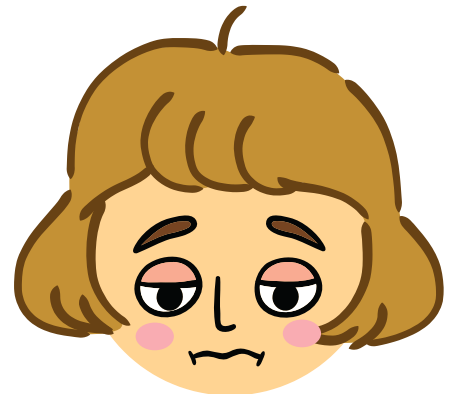
Taunting or bullying



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

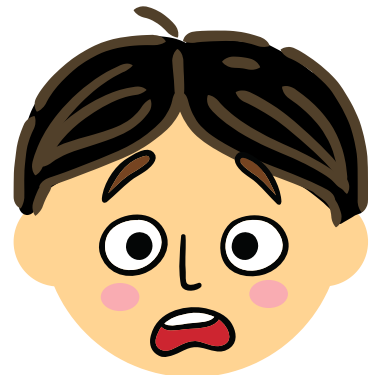
Trace the words that describe each emotion.



Happy



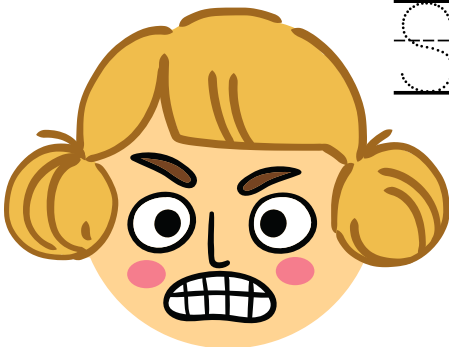
Sad



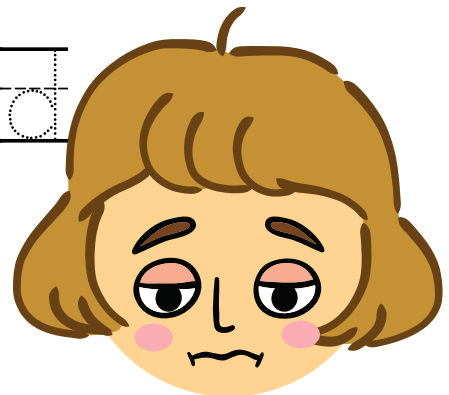
Afraid



Surprised



Angry

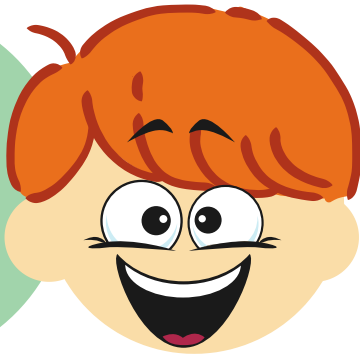


Tired

DRAW YOUR FEELINGS

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

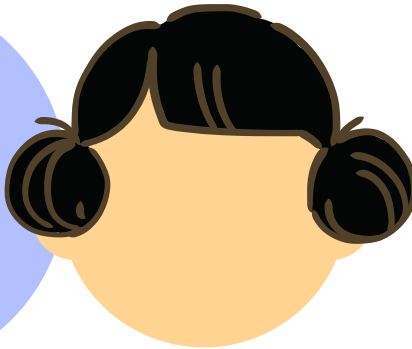
This is how I
feel on my
birthday.



This is how I
feel when
someone hugs
me.



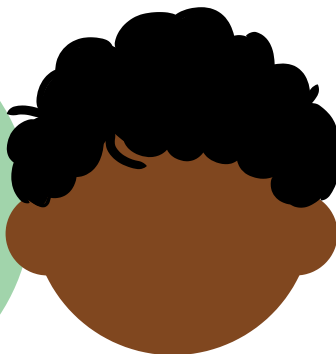
This is how I
feel when I
am bullied.



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!



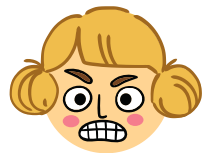
EXPRESSING EMOTIONS WORD SEARCH



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.

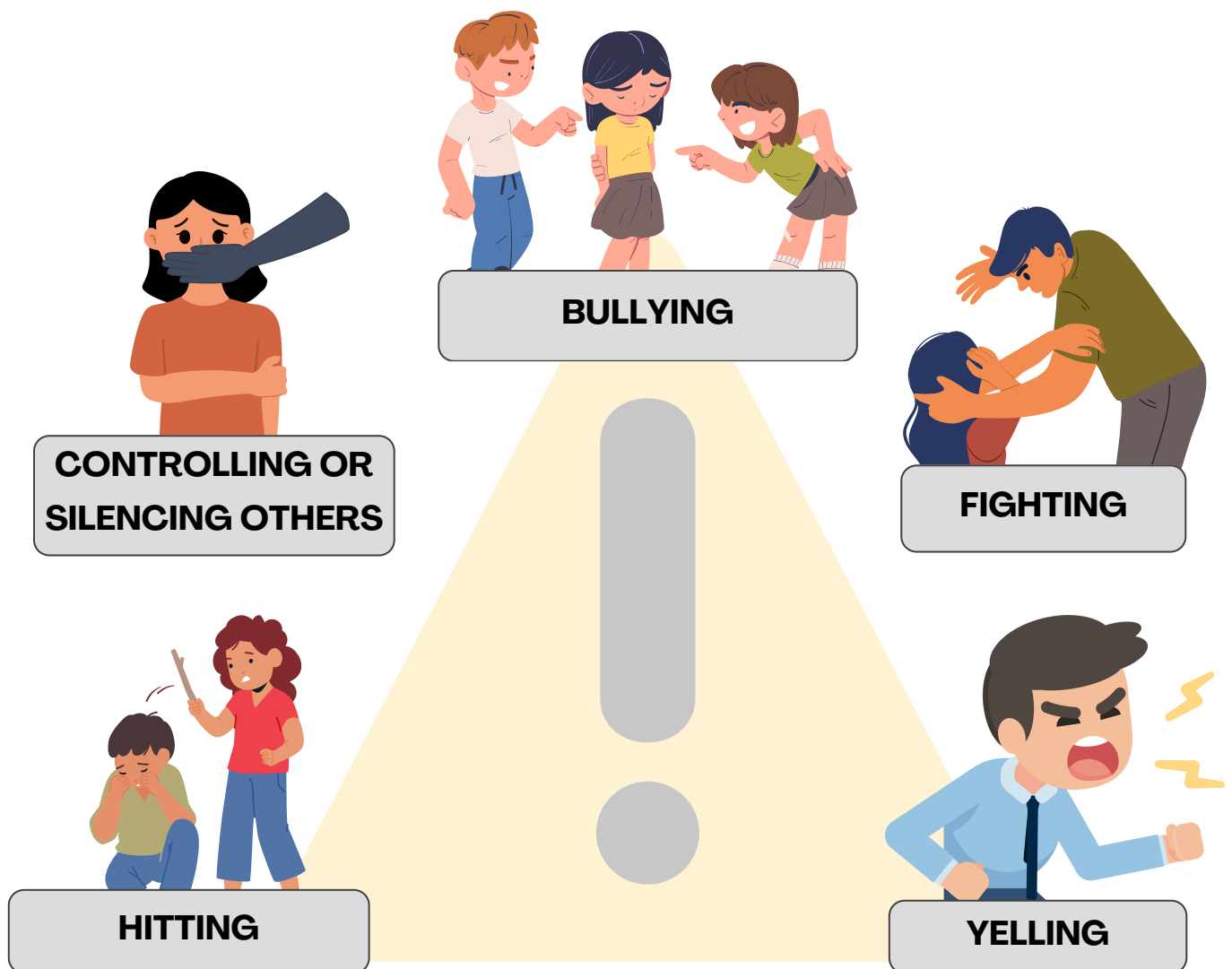
- ☒ Take slow, mindful breaths
- ☐ Drink a cup of water
- ☐ Rest and take a break
- ☐ Stretch
- ☐ Write down my thoughts
- ☐ Listen to my favorite music
- ☐ Talk to someone I trust
- ☐ Get or give a hug
- ☐ Cuddle or play with my pet
- ☐ Use positive affirmations
- ☐ Use a stress ball
- ☐ Blow bubbles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

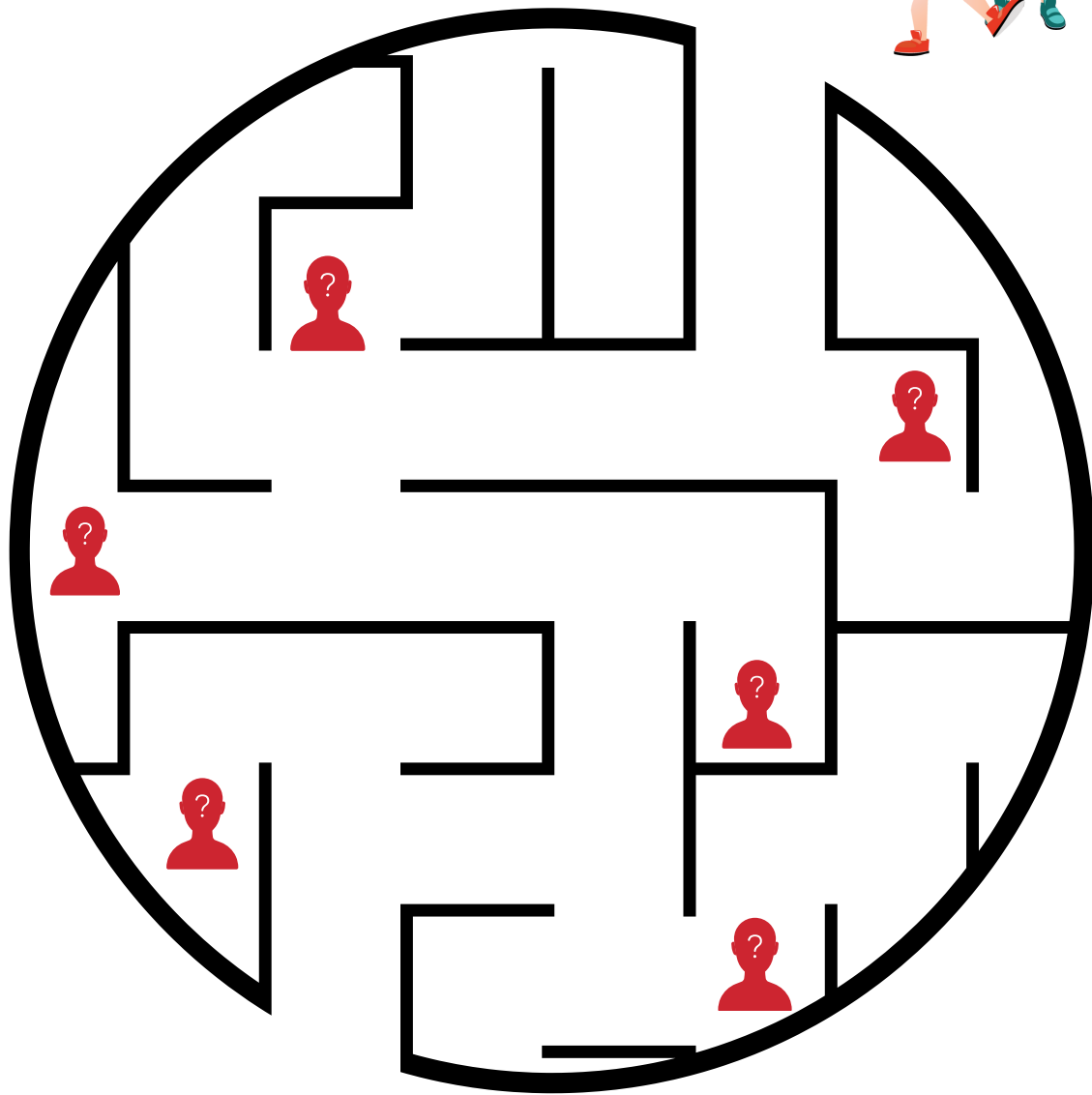
AUNT

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 on
your trip?**



--

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**.

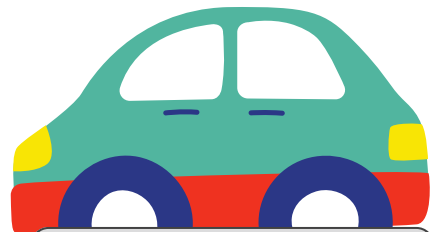
Draw a circle around each action that makes you feel comfortable.

Draw an “X” over actions that make you feel uncomfortable.

There are no wrong answers.



HUGGING



DRIVING IN A CAR



SHAKING HANDS



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:

Looking for Answers?



**Scan this code to view the
answer key for this activity book**



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

www.textpledge.us

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