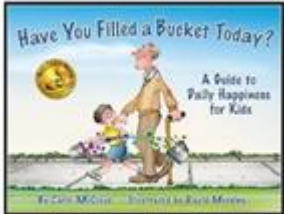


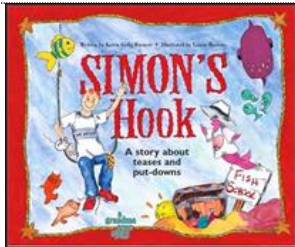
ABC Asset Tool Kit 2024-2025

Growing UPstanders



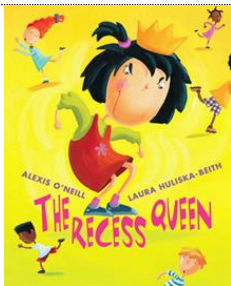
Have You Filled A Bucket Today?

- Be a *bucket filler*. *Fill buckets* by doing kind actions and deeds for yourself and others.
- *Don't dip* into other buckets.
- *Use your lid* to protect and guard the good thoughts and feelings inside your bucket.
- Your kind act may inspire others *to fill a bucket*.



Simon's Hook

- *Be a free fish*. *Swim free!*
- Do little or nothing! Don't react!
- Pretend to agree with the hook.
- Use distraction to change the situation.
- Laugh at the hook and make a joke of it.
- *Stop, think, and choose* how to react.
- *Tap into your personal power* to be a kind and strong *free fish*.



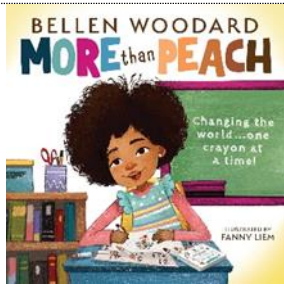
Recess Queen

- Learn and use conflict resolution skills.
- Targets can be empowered to become *UPstanders*.
- *Stop, think, and understand* the *bucket dipping* actions of others.
- *Invite and include* all kids to play.
- Identify two caring adults who will support you.
- *Make a report* to a caring adult to prevent something from happening or protect someone from getting hurt.



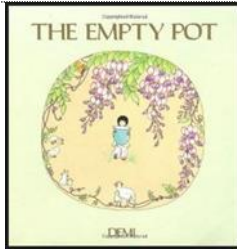
ONE

- Feelings count. Have empathy for others.
- *It just takes ONE* to make a difference!
- *Be an ally*.
- *Use allyship skills* to diffuse the situation.
- *Everyone belongs at our school*.
- *Reconsider and give second chances*.
- *Make a genuine apology*.
- Offer opportunities to belong and be included.
- Commit to be the *ONE* to be kind and stand up for others.



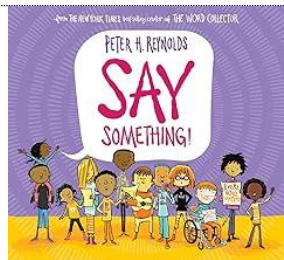
More Than Peach

- Be an *UPstander* and advocate for change.
- Use your passion and talents to improve the lives of those around you.
- Your voice can make a difference and be an agent for change.
- Be aware of unconscious biases.
- Notice, interrupt, and rewrite these assumptions.
- *THINK* before you speak.



The Empty Pot

- Act with positive values of *CHIRP*: *courage, honesty, integrity, responsibility, and perseverance.*
- Integrity is doing the right thing even when no one is watching.
- *Honesty makes trust bloom.* Create circles of trust with peers.
- Being honest means telling the truth, even when it is not easy.
- It is important to always try to do your best.



Say Something

- *Say something* with our actions, our words, and our voices.
- Use problem solving skills to make positive changes.
- Wield your skills and abilities to be an *UPstander*.
- Influence your peers to do the "right thing."
- *Say or do something* to spread kindness in the world.
- *Stand by* your beliefs with others with courage and determination.

Fifth/Sixth Grade Lesson

Moving to Middle School

- Learn that change happens to everyone.
- Understand that people manage change in different ways.
- Learn different ways to deal with change and become more resilient.
- Know that you have control over how to react to change.