

Country **Latvia**

Theme **Bullying in the class and ways to overcome it.**

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Grade 5th

Time **40 min**

Aim of the lesson:

Reduce bullying in the class.

Applied teaching methods:

- Lecture
- Discussions
- Demonstration
- Team work
- Practical exercise
- Brain Storm
- Games

Description of the annexes Compilation

of the students brainstorm **Warming-up**

question:

1. Who is thinking that everyone in class well together?
2. Who is thinking that our class is not friendly?
3. Who of you are friendly with everyone?
4. Who of you are friendly with the most of classmates?
5. Is somebody who thinks that cant be friendly with anyone?

Exploration:

What is that makes conflict/problems among you?

Everything the students name, the teacher write on the board. Should be written - name-calling, humiliation, teasing, cheating, arraignment, threatening, hustle, profanity, slander, defamation etc.

How do you feel when it's happening to you?

Discussions. It could be written on board.

Comprehension:

1. Why people act like that?
2. What kind of problems it form?
3. How many persons are needed to make conflict?
4. Who is responsible to exclude conflict?

Activity:

What can you do not to let happen such situations?

Discuss everything the students mentioned, and invite to think, to give ideas how to overcome these conflict situations.

The teacher gives some advice:

1. *Stop and think before acting!*
2. *Calm down – count till 10 or make three deep breath.*
3. *Ignore!*
4. *Go away!*
5. *Say to person how you feel about his words.*

Conclusions:

1. What do you lean today?
2. What is the main actions to overcome bullying?
3. The students give answers in written way.

4. Next time we will discuss self-esteem!

Annexes nr.1 – the students’ suggestions how to overcome bullying and conflict situation.

Bullying in the class and ways to overcome it.

1. I would help. If I would see that someone offend my friend.
2. I would help if someone would face negative comments. I am not afraid to say it. I like when people are kind and happy.
3. I would talk with offender – why he is doing it? What kind of benefits he has in such situation?
4. I would help the new classmate to fit in class, would show everything and would help.

