

# Bullying Hurts – Classroom Lesson Plan

*Includes Virtual Author Interview*

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## Book Synopsis

*Bullying Hurts: Teaching Kindness Through Read Alouds and Guided Conversations* by Lester L. Laminack and Reba M. Wadsworth is a professional resource for educators. Rather than a single narrative text, the book provides a framework for using carefully selected read-alouds and guided discussions to build empathy, community, and relationship skills in elementary classrooms. The authors emphasize that preventing bullying requires intentional instruction in kindness, dignity, and shared humanity. The text includes recommended read-aloud titles, discussion strategies, literacy connections, and alignment with Common Core anchor standards.

## Essential Questions

- How can structured read-alouds build empathy and community?
- Why is relationship-building essential to preventing bullying?
- How can literacy instruction support social-emotional growth?

## Lesson Objective

Students will participate in a structured read-aloud and guided conversation to analyze character behavior and evaluate how empathy and community-building reduce bullying behaviors.

## Lesson Structure (60 Minutes)

- Warm-Up (5 minutes): Define kindness and discuss what respectful behavior looks like in a classroom.
- Direct Instruction (15–20 minutes): Conduct a focused read-aloud using one recommended text. Model think-aloud strategies and introduce key vocabulary: empathy, dignity, respect, bystander.
- Guided Practice (15 minutes): Facilitate structured discussion questions. Synthesis Question: How can guided conversations shift classroom culture over time?
- Independent Practice (15 minutes): Students reflect in writing or small-group discussion on how empathy changes behavior.
- Exit Ticket (5 minutes): Write one commitment to strengthening classroom community.

## **Creative Interpretation Option**

- Classroom Kindness Charter poster with student-developed language
- Empathy role-play scripts
- Reflection journal illustrating how read-alouds influence thinking

All creative responses must include an artist statement or reflection connecting actions to themes of empathy and dignity.

## **Reader Impact + Student Voice**

- How do guided conversations help students feel heard?
- Can classroom culture reduce bullying before it starts?
- Why is empathy a skill that must be taught?
- Should schools prioritize social-emotional instruction alongside academics? Why?

## **Author Interview**

Author interview provided by UNBAN COOLIES.  
Visit: <http://www.youtube.com/@unbanCOOLIES>

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*Lesson materials developed in partnership with UNBAN COOLIES.*