


BULLY-FREE SCHOOL GUIDED FANTASY

I want you to find a comfortable position that you can stay in the whole time I am reading. When you are comfortable, I want you to close your eyes. Take a deep breath – breathe in, and now breathe out. Let your body begin to relax, and as you breathe deeply in and out, let all the noises around you fade into the background. We are going to use our imaginations to take a journey to a school. This school is a lot like our school, but it is special because in this school there is no name-calling and no bullying at all. I am going to help you walk through this school, but it is up to you to decide what this school looks and sounds like, and how it feels to be there. We'll talk later about what you see, but for now, let's start our trip...

You are standing in front of the bully-free school building. You are looking at the building, and you can see the name of the school written on the front. What is the school called? What does it look like? Take a look all around to see what is outside the school, and then move a few steps closer so that you are near the door of the school. Turn your head towards the door, and listen to the sounds coming from inside. What can you hear? Is it noisy or quiet inside? Based on the noises you hear, what do you think people inside are doing at this time of the day?

Now take a step so that you are inside the school. You can see a school office ahead of you, and there are adults and students inside, working and talking. What are the people in the office doing? What are they talking about? Walk past the office and into one of the school hallways. There are students in the hallway, opening lockers and talking. Can you hear their conversations? What do you hear the students saying to one another? How are they acting? What do you see?

Now walk past the students in the hallway until you get to the door of a classroom. Stand outside the classroom for a moment and listen by the door. You can hear a teacher's voice – what is it saying? How does the teacher's voice sound? Now you hear students talking and answering the teacher. What



are the students saying? Walk into the classroom and look around. What does the classroom look like? How are students sitting in the room? What is hanging on the walls? What types of activities are students doing? As you look around, remember that in this school there is no bullying, and no one calls names.

When you are ready, stand up and walk back into the hallway. Walk down the hall until you see the door that leads into the cafeteria. Wait outside the door and listen to what is going on inside the cafeteria. It is lunchtime for some of the students at the school. Is it noisy or quiet? Step inside the cafeteria and walk towards the tables where students are eating lunch. Sit down at a table and listen to students talking as they eat. What are students talking about? Look around and notice how students are seated at the tables. Are students sitting alone or in groups? Is anyone left out? Do students seem happy to be in the cafeteria today, or are they eager to leave and go back to class?

Stand up and use the door on the side of the cafeteria to walk outside to the playground where some students are having recess. Walk over to where students are playing on the swings, monkey bars, and slide. Watch how they play – are they playing in big groups or small groups? Are some students playing alone? What do you hear students saying to one another while they play? Walk over to where two students both want to use the tire swing. Listen to the students talk about what to do. Remember, neither student is calling names or bullying the other. How do they figure out what to do with the swing?

As you watch the students solve the problem, begin to walk back towards the school. As you leave the playground, look around at the students playing and think about if what you see there looks different from at our school. Walk back to the door and go through the cafeteria again, out into the hallway, and back towards the office. When you reach the front of the school, enter the office and ask to speak to the principal of the school. The principal comes out – what does she/he look like? Say hello, and tell the principal one thing that you really liked about your visit to the school. Say goodbye to the principal, and leave the office. Walk out the front door of the school...

We are done with our tour of the bully-free school now, and it's time to talk about what each of saw, heard, and felt while we were visiting. When you are ready you can open your eyes and return to a seated position, and we can share our ideas.



If the _____ of our school was free of name-calling and bullying it would...

Look like this:

and...

Sound like this: