

# No More Bullies Workbook



## Grades 4-5

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Name/Nombre

# A Note from the Millers

Dear Boys and Girls,

Friends may come in all shapes and sizes – but they have one thing in common...they like being with us!

Some kids have a hard time being friends. They tease, pick on people who are smaller or younger, or hurt feelings. These kids are called bullies.

Bullying hurts, but being prepared helps! Here are some tips if you are ever bullied. You can ignore the bully. You can use your sense of humor to stay calm or just walk away. You can also tell someone you trust – like a teacher, principal or your parents.

If you see someone being bullied, tell the bully to cut it out, and get help right away. Then reach out and be a friend. You'll be glad you did. We were!

Your friends,

Kelly, Lori and Andrew Miller

# "No More Bullies" Poster

Your Student Council needs help spreading the word.  
Make a poster that shows you know what's cool at school!

A large, empty rectangular area with a thick green border, intended for a poster. The box is centered on the page and occupies most of the lower half of the document.

# Andrew's Awesome Advice

Andrew's been asked to write an advice column for the school newspaper. What should Andrew say?

Dear Andrew,

I like to play basketball at recess, but I'm not as tall as some of the other kids. One of them calls me "Shorty" and tells me to get out of the game. The other kids laugh. What should I do?

Signed,  
Still Growing

Dear Still Growing,

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Your friend,  
Andrew

# Read to Understand

Use clues in each sentence to figure out which **words in the box** best complete each thought.

assembly   alarmed   taunt   treated   invited   right  
shared   bullied   Stop   popular   policy   differently

1. Mr. Miller's advice was to refuse the bully, say, "\_\_\_\_\_!" and walk away.
2. Matt looked \_\_\_\_\_ when Kelly approached him on the bus, because he was not sure what Kelly wanted.
3. Lori's friends were considered the \_\_\_\_\_ group at school, but Lori did not like the way they \_\_\_\_\_ Maria.
4. The teacher told her class that each person has the \_\_\_\_\_ to live his or her life without being \_\_\_\_\_.
5. Andrew and Dakota \_\_\_\_\_ Michael to eat lunch with them.
6. The school had a \_\_\_\_\_ that told the children how they should treat each other with respect.
7. Jay ignored the boys playing football when they began to \_\_\_\_\_ him.
8. Mr. Finley called an \_\_\_\_\_ so different people could speak to the students of all ages at the same time.
9. Leaving school, the students behaved \_\_\_\_\_.
10. That night, the Miller children \_\_\_\_\_ what they learned in school.

# ACROSTIC Message

Use the first letter in each line to summarize the important ideas in "No More Bullies"

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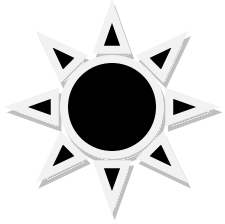
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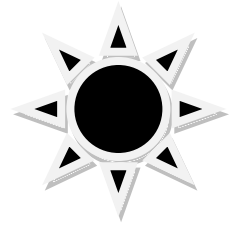
# Star Problem Solvers

Use strategies to solve the puzzles starring characters from the book!

Problems	Answers
1. There were 12 rows of seats on each side of the bus. If there were 2 children in each seat, how many children rode the bus?	
2. Andrew and Dakota bought lunch in the school cafeteria. Andrew spent \$1.00 more than Dakota. Together they spent \$7.00. How much did Dakota spend?	
3. Jay loves reading his book about Earth and the Invaders. How many days will it take Jay to read 162 pages if he reads 9 pages per day?	
4. 364 students came to the “No More Bullies” assembly. If there were 26 children in each row, how many rows did they fill?	
5. Andrew, Lori and Kelly each made posters to hang at school. Andrew made two more posters than Lori. Kelly made one less poster than Lori. If they made 19 posters all together, how many posters did each child make?	
6. Mr. Miller was so proud of his children that he took them out for pizza night. All together he spent \$39.25 on pizza, salad, and dessert. The pizza cost \$10.00 more than the dessert. The salad cost \$7.25. How much did each item cost?	



# SMART-DO-KU



Smart kids make smart choices!

M		S	T	
T		M		S
		A	S	
		R		M
	S	T	M	R

Use letters in the word **SMART** in each row down and across. Use each letter only once in a row.

How many words with 3 or more letters can you make from the letters in:

**NO MORE BULLIES**

1.	6.	11.	16.
2.	7.	12.	17.
3.	8.	13.	18.
4.	9.	14.	19.
5.	10.	15.	20.



# Words, Words, Words

**Find WORDS from the story.**

**Look left, right, up, down, backwards and sideways.**

REPORT	A	D	E	T	N	A	H	C	D	A
DIFFERENT	P	R	Y	F	R	I	E	S	I	S
FRIENDLY	O	E	L	A	S	Y	T	A	F	P
APOLOGIZE	L	P	D	P	E	C	S	F	Y	S
POLICY	O	O	N	I	F	I	E	E	L	S
IGNORE	G	R	E	G	A	L	D	T	I	E
KINDNESS	Y	T	I	N	M	O	N	Y	M	N
BEHAVE	B	C	R	O	I	P	I	D	A	D
CHANTED	E	H	F	R	L	S	K	C	F	N
SAFETY	H	A	B	E	H	A	V	E	T	I
FAMILY	T	N	E	R	E	F	F	I	D	K

Pick one word from the list. Write a sentence using the word that shows you know what the word means.

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