

MEADOWFIELD ANTI-BULLYING AND RED RIBBON CHOICE BOARD



Help us celebrate Bully Prevention Month and Red Ribbon Week!

We challenge you to complete each square on our choice board during the month of October.

Return with your parent's signature by **Friday, October 29th** and receive a prize!



Eat a fruit or vegetable for snack instead of chips or sweets	PreK-2 Draw a picture of one way to help a friend who is being bullied. 3-5 write about how you can be kind to someone who is being bullied at school	Give someone in your house a compliment (say something nice to someone)
Write a letter or call a friend/family member that you haven't talked to in a while to check on them	Get at least 20 minutes of exercise/outside playtime	Help a family member with a chore or activity
Take a break from screen time for one day	Tell someone a joke to help put a smile on their face	Mindful moments-do yoga or meditation (ex. deep breathing, think of a time you were really happy and sit with that thought for 5 mins)

Student Name: _____

Teacher: _____

Parent/Guardian Signature: _____