

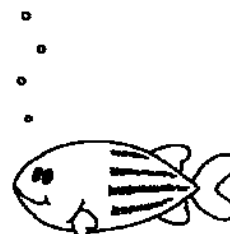
## EXTRAS

Extras are supporting material to help take the project further. All activities are for both Rainbows and Brownies and are optional.

### This section consists of:

#### Wilfred's Worry pg 2-11

Read this story while girls colour in



#### Kite Making pg 20-21

The symbol of Kidscape is a Kite. Rainbows and Brownies can make a simple kite to finish off the project and listen to a poem.



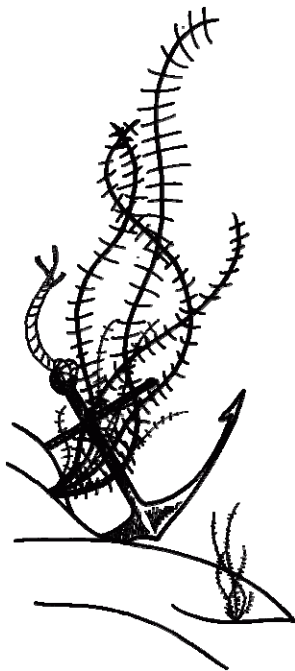
#### "Don't be a bully, be my friend" Pledge Party pg 22-24

Why not hold a pledge party to finish off your Girlguiding UK: Changing the World project? To raise awareness about Kidscape and allow the girls to have lots of fun with their Rainbow and Brownie friends!

#### Also for your use: "Don't be a bully, be my friend" work booklet

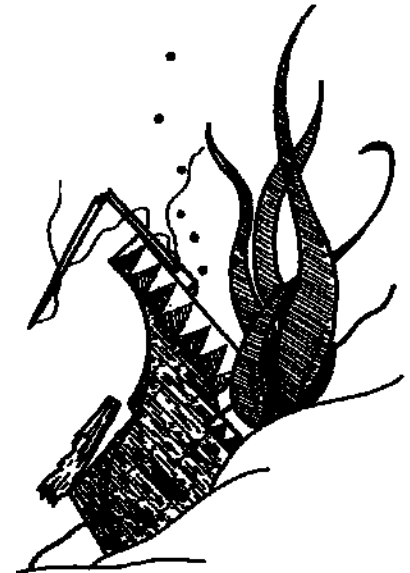
This work booklet will help you complete the project. It can be used by Rainbows and Brownies to collect information about the fun they have had doing the project. More information is found on the second page of the work booklet.

# Wilfred's Worry



DEEP  
DEEP  
DEEP  
DOWN

At the bottom of the sea  
lived a fish called

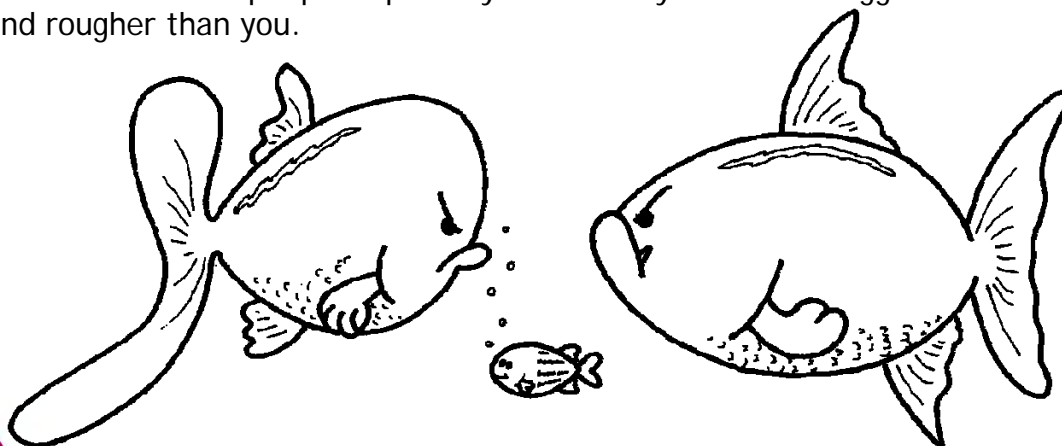


Wilfred

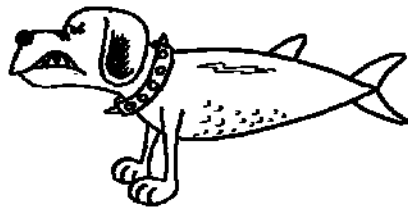
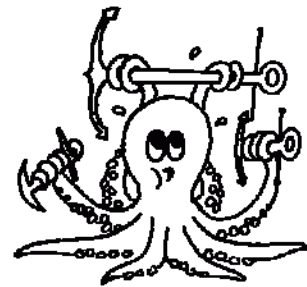
Wilfred was a very small fish.  
Even when he shook his fins very hard,  
He could hardly make a ripple in the water.



Wilfred always tried hard to be well-behaved and polite. Well, it's a good idea to be nice to people especially when everyone else is bigger and noisier and rougher than you.

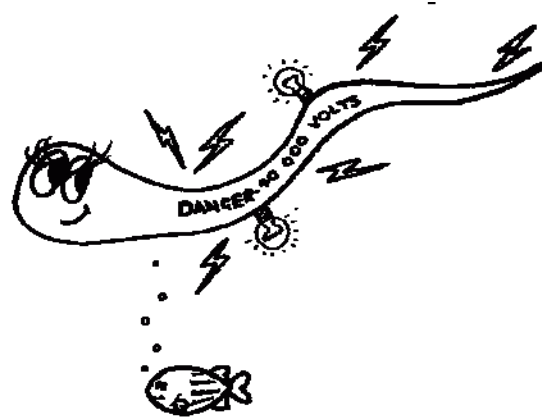


There were lots of these creatures in the sea.  
There was Othello the Octopus  
who spent all day doing  
weightlifting with old rusty anchors  
to build up his muscles.



And there was Delroy the dogfish  
who went around biting other fish  
and making a terrible howling row.

And Ella, the electric eel,  
who was a real shocker!

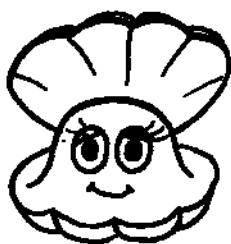


Compared to them,  
Wilfred was a real sea-weed!

However, Wilfred wasn't lonely.  
There were plenty of other small creatures living in the sea,  
who were friends of his. There was the flying fish family:

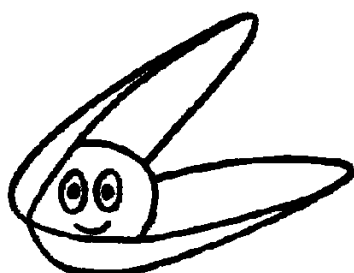


The shellfish



Katrina Cockle

Markos Mussel



and Lee Limpet who was so shy, he even stayed under his shell when he was playing with his friends.

Most of the big noisy sea creatures didn't waste any time on Wilfred and his friends. The little creatures tried hard not to get in the way of the rough play, and stayed in their own quiet stretch of water.

But one day, something unpleasant happened. A new sea creature moved into the area. He was called James Jellyfish, and he was a terrible bully.



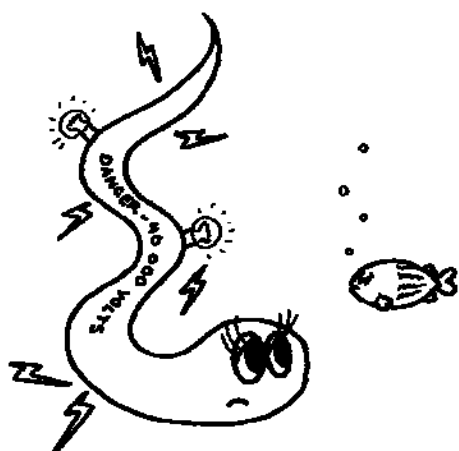
Of course, he didn't bother Othello, Delroy or Ella!



He would hide behind the coral and weed and pounce on some small creature who was too weak to fight.

Soon all Wilfred's friends had been picked on by the bully.  
He had brushed sand in Katrina Cockles face.  
He had taken Markos Mussel's money and threatened to come  
back and sting him if he told anyone,  
and he had wedged a stone under Lee Limpet,  
so that he nearly dried up when the tide went out.

Wilfred came along just in time  
to help Lee.  
He wasn't big enough to move  
the stone himself but he could  
help.



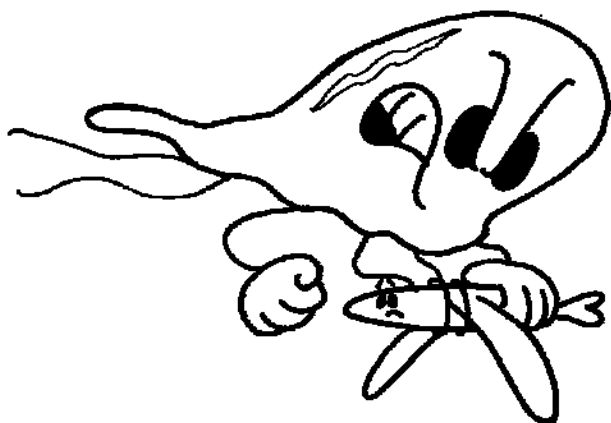
Luckily, Ella the Electric Eel  
was just passing.  
Wilfred explained what  
had happened to Lee,  
Ella soon brushed  
the stone away from Lee  
with her nose.

Ella listened sympathetically to the little friends' problem, and said that if  
she saw James, she would give him some of his own treatment.

But James was too clever to show himself while Ella was near.  
He hid behind a rock and listened.  
He decided Wilfred needed to  
be taught a lesson.  
He would be the next target.



First James went to find the flying fish. He found Fernando alone, practising swimming upside down for his school gymnastics display.



James grabbed Fernando in his long stinging threads and squeezed him. 'From now on, you'll do as I say' said James. 'You won't be friends with that sneaky fish Wilfred and his stupid friends.' 'You'll run errands for me, and do as I say, or you'll suffer for it. You can start by telling Wilfred you're my friend, not his, and to watch out, because I'm coming to get him!'

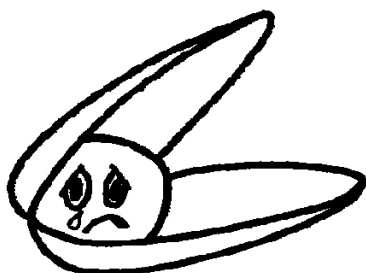
Poor Fernando found himself lying bruised and breathless on the sea bed.



As soon as he was able he rushed off to find Wilfred. He found Wilfred in the coral, talking to Markos Mussel. 'I'm not your friend anymore', he blurted out, 'and my new friend James is coming to get you, so you'd better hide!'

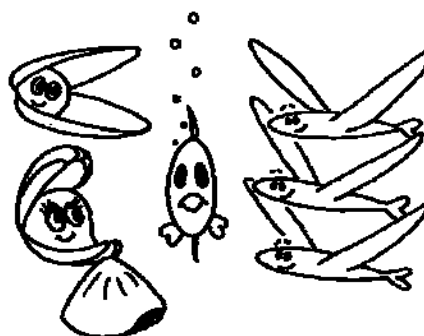
At first, Wilfred was surprised to hear his friend talk like this. Then he started to get frightened.

'What shall I do?' he asked Markos. 'I can't swim around all day following Ella for protection. I'll be exhausted trying to keep up with her. As soon as I stop for a rest, James Jellyfish will spring out and catch me'.



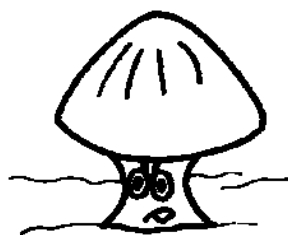
Markos began to cry. He told Wilfred how James had taken his money, and threatened him not to tell anyone. He said Fernando looked so scared, he was sure James must be bullying him too.

Wilfred call all his friends together: Lee Limpet, Katrina Cockle, Markos Mussel and Frank, Finlay and Fiona Flying Fish. They all exchanged stories about how James Jellyfish had been picking on them. They somehow felt a lot better when they had talked about it, and found that they weren't the only one being bullied.

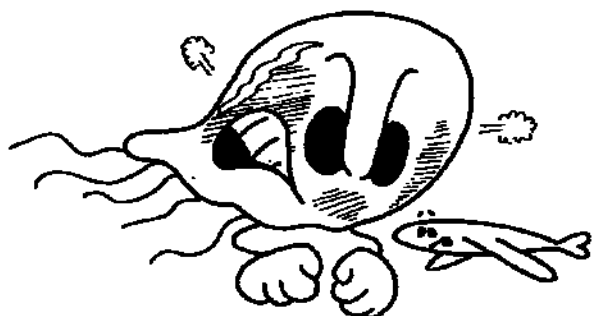


Frank, Finlay and Fiona were especially cross that James had picked on their little brother, Fernando, and made him so miserable.

'What can we do?' said Wilfred. We can't expect the bigger creatures to protect us all the time'. 'We have to deal with the bully ourselves' said a very determined voice. It was Lee, for once coming right out of his limpet shell. 'How?' asked all the others, in surprise. 'James is a bully who picks on little creatures when they are alone' said Lee. 'We must stay together, and protect each other'.



So Wilfred, Lee, Katrina, Markos, Frank, Finlay and Fiona settled down to work out a plan. When they were ready, Fiona went and found Fernando. She told him to bring James to a particular spot on the sea bed, where Wilfred was ready to meet him. Fernando was scared about what would happen to Wilfred, but Fiona told him not to worry.



When James got the message, he turned bright pink with fury. 'You come with me!' he ordered Fernando. 'I'll show you how I deal with anyone who cheeks me!' Off he rushed to the meeting place.

Wilfred sat lazily in the water, above a small sand ridge. He paddled his fins, and smiled and tried not to look nervous. Suddenly, James burst into view, looking very menacing and muttering terrible threats.

At once from behind the ridge appeared all Wilfred's friends.

'I'll get you all!', yelled James, but he moved a step backwards.

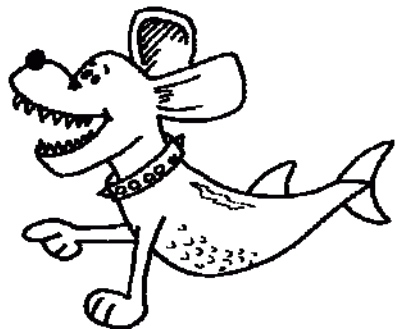
'OH NO YOU WON'T' shouted all the friends together.



The pink colour drained from James and he began to look more jelly than fish. 'You don't scare me!' wailed James. 'You're a load of rubbish. I'm not going to waste any more time on you. I've got better things to do!' and he began to scramble backwards from the advancing group.

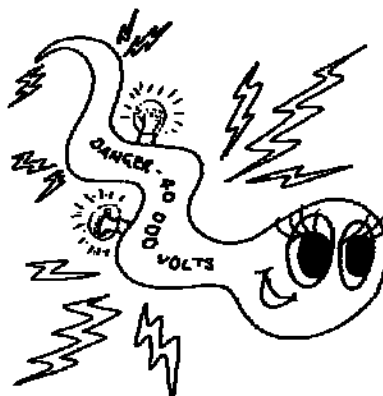
Fernando watched in amazement. 'WHY, YOU'RE NOTHING BUT A BIG COWARD' he shouted. 'I'm ashamed I ever listened to you' and he swam to join his real friends, who cheered loudly.

The noise brought the other sea creatures to see what was happening. How they laughed when they saw five tiny fish and three little shellfolk chasing off the bullying jelly fish!



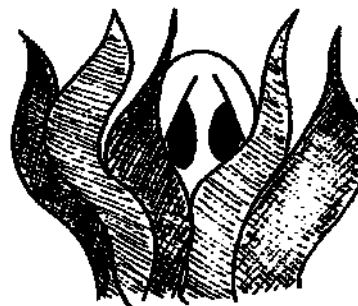
Delroy howled with laughter.

Ella cackled so much, that she sent sparks of electricity through the water.

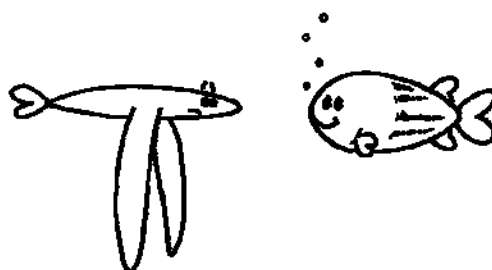


Othello pounded the ground to try and stop himself getting hiccups, he had laughed so much.

And the eight little friends stood together proudly watching, as James the Jellyfish dived off into a bank of dark, thick weed, to hide himself.



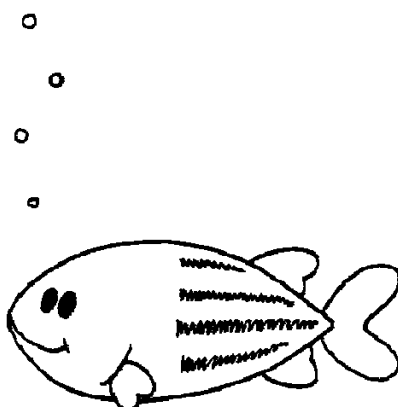
Fernando still felt bad that he had allowed the bully to turn him against his friends, but they all forgave him and told him to forget all about it. After all, everyone makes mistakes sometimes and part of being a good friend, is learning to forgive and forget.



And James? Well....

He didn't come back and cause any more trouble for Wilfred, although Wilfred felt quite sorry for him afterwards. 'It must be really lonely being a bully and a coward' he said to the others.

But then, you see, Wilfred really was a most kind, considerate and thoughtful sort of brave little fish.



Story by Linda Frost

Illustrations by Andy Godfrey

Copyright Kidscape

## Go fly a kite



**Introduction:** Kidscape is a charity that helps children and their families stay safe. They know a lot about bullying, and how to avoid it. Many families call to talk to them, and children can spend a day at Kidscape learning how to stop the bullies. The symbol of Kidscape is the kite.

### *Poem:*

My friend and I went out to play.  
We brought our new blue kite.  
It was made of sticks and paper,  
And a tail of ribbons bright.

We walked along the pathway  
To the field we knew nearby,  
And climbed the hill till all around  
Stretched the sunny sky.

I placed the kite upon the grass  
And there we let it lie.  
"Do you know the way," I said,  
"To make the kite fly high?"

"I'll throw it up," my friend said,  
And grabbed it in her hand.  
She threw it up towards the sun  
and we both watched it land.

The kite was like a fallen bird  
That tumbled from above.  
"I'll try," I said, and ran so fast,  
I gave the kite a shove.

It tumbled down again and sank  
And lay there, as if dead.  
This isn't working, is it?  
I'll have to use my head.

If we two work together,  
Perhaps it will be done.  
She grabbed the string, and I the kite,  
And we began to run.

I tossed the kite into the wind,  
And she unwound the string.  
In a minute, right above us,  
flew a glorious thing.

That dipped upon the gentle breeze  
Like a bird at play,  
And soared and swooped and drifted,  
On a sunny Saturday.

We had learned the secret,  
That sometimes it takes two.  
Friends need to work together.  
*Now* what shall we do?



## Kite-making

**Section:** Brownies.



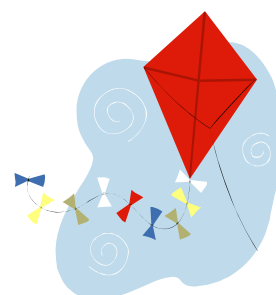
(Rainbows can make a simple kite shape, (available in the Fabulous Friends activity pack), decorate it to please, add a tail, and display).

**Aim:** To reinforce the message that more fun is to be had when two cooperate. Kites fly better if one runs ahead with the kite, while the other plays out the string—and both take turns holding the kite!) Kites also connote the freedom we hope for the girls when they learn the give and take of friendships, and how to ward off bullies.

**Materials:** One bin bag per girl (best) or use a large sheet of paper, 64cm x 44cm, two thin sticks (balsa wood, bamboo, or wooden dowels), one measuring 60cm and one 40cm, strong stapler, scissors, kite string / any thin, strong string.

### **Directions:**

1. Make a cross of the sticks, the shorter one on top of the larger.
2. Glue or staple the bin bag to the framework.
3. Cut carefully to shape the material into a diamond.
4. Decorate using paints or markers.
5. Measure and cut a piece of string so it stretches loosely from top to the bottom of the kite, and tie it to the stick. Do the same for the crosspiece stick.
6. Tie the string that will tether the kite to the other two strings at the point where they meet.
7. Add a string tail, and then tie on ribbons or bits of fabric.
8. Find an open area where there is nothing to snag a kite (like low branches or power lines). Two girls work together, one pitching the kite to catch the wind, the other holding the ball of string to guide it. This may not work the first time!



## The Girlguiding UK Pledge - Say NO to Bullying.



### Pledge Party:

A Pledge Party is a great way to finish off the Kidscape Project. It provides a great way to encourage friendship between the girls (and if you have local units nearby it can provide an opportunity to link up with them) and reinforce the ideas covered and work that has been done. It also can reinforce the theme of friendship, providing them with the opportunity to make new friends and come together to say NO to bullying, and obviously to have some fun too!

### Ideas for Activities for the Pledge Party:

It is a good idea to begin the party with a game of Human Bingo - particularly if you have a mix of lots of different groups, as it's a good way to break the ice and let the girls get to know each other a bit. The game involves getting girls to ask questions about each other, such as "do you like to sing" based on a grid they are given with lots of likes/dislikes written on it. When they find someone who agrees with the question they ask, they can mark that name off on the grid. The first person to fill out the entire grid wins. See the Human Bingo game sheet in the Fabulous Friends section for instructions on how to play, and a grid to work with.

By starting with Human Bingo, the girls will have already learned things about each other, and started talking to each other.

### Other Games/Activities for Pledge Party:

There are plenty of traditional children's party games that can be used for the Pledge Party - it need not all be focused on the theme of saying NO to bullying.

**Chocolate Game:** Get a very big bar of chocolate, and a bag of dress-up type clothes (hats, scarves, gloves, big t-shirts, etc), a dice, and a knife and fork. Sit the girls in a circle, and each girl takes a turn to roll the dice. If she rolls a six, she runs into the middle of the circle, puts on the dress-up clothes, and then has to slice the chocolate into pieces. Each piece she slices she gets to eat. She has until the next girl rolls a 6, when she must stop and let the next girl try. All children love this game - an excuse to eat chocolate!

**Wink Murder:** Choose one girl as a 'detective' and get her to leave the room (or close her eyes and block her ears). Sit the other girls in a circle and choose one girl to be the 'murderer'. The detective then rejoins the circle, standing in the middle. The aim is for the 'murderer' to 'kill' as many of the girls as she can (by winking or blinking at them, and with them faking a wonderfully over-dramatic death) without the 'detective' finding out. The game is over when the 'detective' successfully uncovers the 'murderer'.

**Decorate Cupcakes:** Provide plain cupcakes, and ready-made icing, and lots of different types of sprinkles/toppings/sweets. Let the girls decorate their own cupcakes, and then give it to one of the other girls as a 'friendship present'. This maintains the theme of mixing together lots of ingredients to create something more special, that was started earlier in the project.

There are plenty of other activities/games which can be used at the Pledge Party suggested in the project guide - the main thing is to keep the girls having fun and interacting with each other. This party should be seen as a celebration of everything they have achieved throughout the project.

### **Say NO to Bullying!**

As a grand finale to both the party and the unit, get all the girls to stand up and yell out a big "NO!" to bullying. Although the girls will have discussed bullying a fair bit in the course of this project, it is a good idea to have a reminder/refresher of some of the context before culminating in the big NO.

Follow this guide...

### **What to do to avoid bullying - a reminder:**

There are three key things you can do to seem more assertive, to help you avoid becoming a target, and to prevent bullying. These are ways of 'bully-proofing' yourself.

### **Body language:**

'Assertive body language is crucial. If you look un-confident/weak, bullies will assume you are weak and this can make you a more likely target. Even if you don't feel confident, if you present yourself in a way that makes you seem confident, people will never know the difference. Stand tall with your head held high.'

### **Eye contact:**

'Body language takes you half-way, which can be finished off through maintaining eye contact. This is not intended to be threatening, but simply by holding the eye contact of the person you are with, it demonstrates that you are comfortable in yourself and don't have a problem with them. Try it with the person sitting next to you. Don't laugh or smile, but similarly, don't frown or look intimidating.'



## Say NO!

'There is no magic wand to stopping bullies. Showing weakness or pain is life-blood to bullies, although that is no excuse for their bullying behaviour. One way to start gaining confidence is to practise shouting 'NO!' (Demonstrate this NO - a deep, long, and loud shout from your stomach. It should sound like a foghorn and will probably take the girls by surprise). This, when shouted in a deep voice, is a good method to stand up to a bully as all you need to remember is one small word, said in a big voice. This will alert bystanders to the situation and embarrass the bully.'

'Throughout this project, you have all worked hard to make new friends, and stop bullying. We want to hear you yell out a big NO to bullying, and make sure that if you see anyone being bullied or picked on, you help them out, tell someone in authority, and say NO.'

'Stand tall, shoulders back. Everyone on the count of three, shout 'NO!' in a deep voice. The shout should come from the stomach and sound like a foghorn.'

'One  
Two  
Three

"NO!!!!!"

Have the girls practise shouting NO until the rafters rattle. This is an energising way to bring the units together to say NO to bullying.

If you want to make more of an event of saying NO to bullying, you could do a balloon release and give each girl a balloon to let off into the sky as you all yell 'NO'. Be sure to check with the necessary authorities to ensure you are allowed to do this before going ahead with it though, as different areas will have different regulations about balloon releases.

Enjoy the Pledge Party!