



Let's Lend a Hand

Spread your hand in the middle of this page. Use a pencil to trace around your hand and in between your fingers. On each finger, draw the face of an adult you would tell if you or someone you knew was being bullied. Write each person's name under his or her picture on the fingers. Decorate your hand with a ring, or watch, or painted fingernails with tiny pictures.

(If you want to draw a bigger hand, ask an adult to place his or her hand on the paper for you. After you finish your drawing, you and your adult helper can talk about why each choice is a good one to ask for help with bullying.)