My 4 year old said, “Maybe their mom never taught them to be kind!” Or, they are treated the same way at home.

There is such a thing as “hangry!” Kids are more affected by not enough food and sleep and too much sugar.

It could be they have not communicated annoyances well and lost their cool.

My 8 year old said, “Maybe they just enjoy being mean. You know God gives us the choice.”

Grab their arm, look them in the eyes, and say, ”Don’t’ you dare” in a firm voice.

Most bullies are insecure and seeking attention.

Do not tattle. If desperate and cannot solve, walk away without showing sadness or fear. Stand near friends or adults. If these solutions do not work, ask an adult for help (be sure to explain your first attempt/s). Teachers will be more compassionate once they realize you have made an effort to solve independently.

Look them into eyes and ask, “Could you please stop? That is bothering me.”

Distract them by outsmarting them with another thought.

Some temperaments truly believe they are helping.

EMOTIONAL

PHYSICAL