

# Letter to the Reader from Nancy Wilcox Richards



**Dear Boys and Girls,**

*How to Tame a Bully* was the first chapter book I wrote. Before that, I wrote three Farmer Joe picture books. And while I loved writing about Farmer Joe, I wanted to try something a little different. *How to Tame a Bully* was the result of that.

You might think that when I was a little kid I was bullied. Not so. I had a great childhood! I always had tons of friends to play with. I lived in a safe neighbourhood. And even though my family didn't have much money, life was amazing – one big outdoor adventure after another!

When I was about your age, there was a rumour about a boy (let's call him Bud) who was a bully. At the time, Bud seemed a lot older than me and I was forever on the lookout for him. In many ways he reminds me of Bethany, the bully in *How to Tame a Bully*. There were a lot of untrue stories and rumours about Bethany. Perhaps one or two of them were true, but certainly not all of them. However, over time these stories grew until Bethany had a bad reputation as 'the biggest bully at Bayfield Elementary. I think that's how it was with Bud. The stories about him grew and grew. I'm guessing that most of them were not true. But as a little kid, I didn't want to find out!

Nowadays there is a lot of discussion about bullying. You have probably been learning about strategies to deal with bullying. I hope that *How to Tame a Bully* offers you some insight into solving these tough issues. And I hope that you enjoy meeting some of my favourite characters: Lauren, Claire, and yes, even Bethany!

Happy Reading,

**Nancy Wilcox Richards**



# How to Tame a Bully

In *How to Tame a Bully*, Bethany is a relatively new student at Bayfield Elementary. Making new friends can sometimes be difficult for students. Brainstorm ways to help new students feel welcome.

Complete the “Nice to Meet You” activity sheet as a way to learn fun facts about new and old friends.

## Health

### Activity 1: Building Self-Esteem

Students work with partners. Each student traces a full body outline of his/her partner. Cut it out. Have class members print a positive comment inside the outline. Comments might include: “You are a great friend”, “I love your sense of humour”, “You read beautifully” and so on.

### Activity 2: You Can’t Take It Back

Materials: Toothpaste  
Masking tape  
Table

Place a strip of masking tape on the length of a table. Have a student squeeze some toothpaste following the path of the masking tape. Now ask the student to put the toothpaste back in the tube. Of course, this can’t be done. Explain how this is an example of how hurtful words, once spoken, cannot be taken back. Bullies often say hurtful things. This activity serves as a way to explain the impact a bully’s words have on his/her victims.

## Social Studies

### Activity 1: Canadian Communities

The students in Ms. MacArthur’s Grade Three class explore Canadian communities through project work. Brainstorm facts about Canadian communities gleaned from *How to Tame a Bully*.

Create opportunities for students to research different Canadian communities.

# How to Tame a Bully

Student's Name: \_\_\_\_\_

Draw your favourite scene from *How to Tame a Bully*.

Include **speech bubbles** or thought bubbles that help explain your drawing.




# Pledge

Create your own pledge about bullying. Illustrate it.

I promise \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



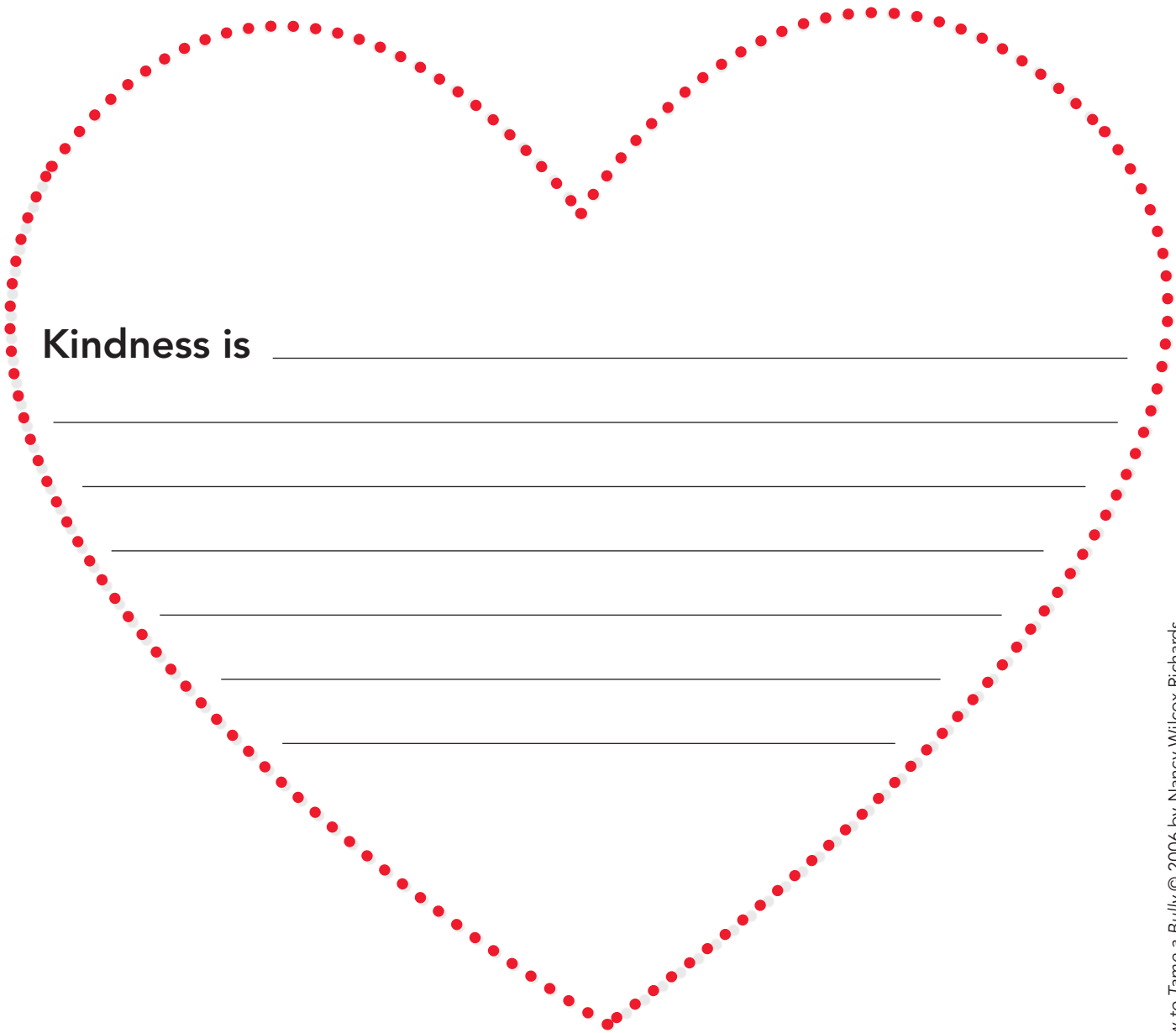
Directions: This is a great activity in September for students to meet new classmates. Students need to find a different classmate for each box. Names are recorded in the box with the clue.

Teachers, cut off 

## Nice to Meet You

Find someone who...

..... has been on a plane	..... has a birthday in October	..... has a brother	..... has a sister
..... loves to eat pizza	..... has freckles	..... knows how to swim	..... has been to a sleepover
..... has a dog	..... is an only child	..... has three missing teeth	..... gets an allowance
..... can ride a two-wheeler	..... came to school by car	..... loves to read	..... can whistle



Kindness is \_\_\_\_\_

---

---

---

---

---

---