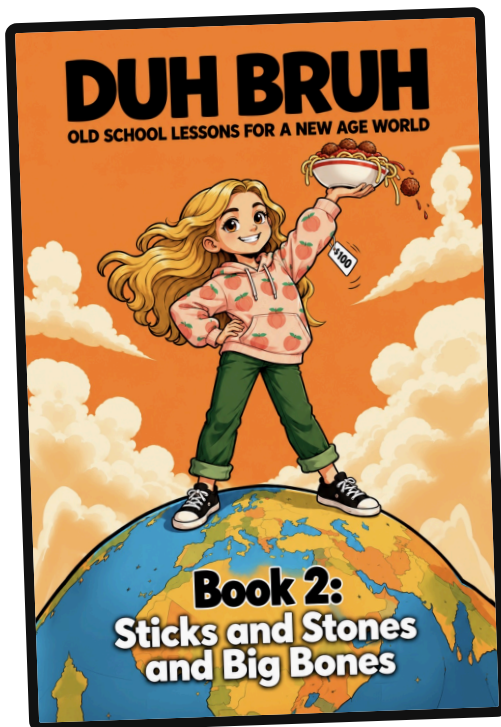


FREE!

DUH BRUH KINDNESS KIT

5 anti-bullying printables to help kids find their voice, feel confident in their own skin, and spread kindness.



What's inside:

- ♥ **My Price Tag Is PRICELESS!**
A worksheet about self-worth
- ♥ **Lunchbox Kindness Notes**
10 notes from you to your child
- ♥ **Pass the Kindness! Notes**
10 notes kids give to a friend
- ♥ **Find Your Voice! Script Cards**
Words to say when someone is unkind
- ♥ **Calm & Strong Mantra Cards**
For when feelings get big

How to use this kit

Print on regular paper or cardstock, then cut along the dotted lines. Practice the Find Your Voice cards at home: take turns role-playing, stand tall, and use a calm, strong voice. Kids learn best when they SEE it and PRACTICE it!

Inspired by the Duh Bruh book *Sticks and Stones and Big Bones*

Because labels are for packages and clothes... NOT people! ♥

More books & free printables: www.duhbruh.com

Name: _____

Date: _____

MY PRICE TAG IS...

PRICELESS!

Some things can't be bought in a store. Fill in your tag with what makes YOU, you!

PRICE: PRICELESS ♥

Three things that make me special:

Need ideas? Circle the ones that are YOU!

kind funny brave creative loyal helpful

a good friend smart a good listener honest

One time I was a REAL friend:

Draw yourself doing what you LOVE:

Things money CAN'T buy about me:

Labels are for packages and clothes... NOT people! ♥

From the Duh Bruh book *Sticks and Stones and Big Bones* · Free printables at www.duhbruch.com

Duh Bruh Lunchbox Kindness Notes

✂ Cut along the dotted lines & tuck one in a lunchbox!



Kindness always looks
good on **YOU!**

Love, _____

DUH BRUH



You are more than what
you **WEAR.**

Love, _____

DUH BRUH



Real friends lift you **UP**,
not tear you down.

Love, _____

DUH BRUH



Your worth isn't a **price**
tag!

Love, _____

DUH BRUH



Enjoy every bite! Your
worth isn't about what
you **EAT.**

Love, _____

DUH BRUH



Sit with someone new
today. **Be the friend!**

Love, _____

DUH BRUH



Use your voice for **GOOD!**

Love, _____

DUH BRUH



Words matter. Make
yours **KIND.**

Love, _____

DUH BRUH



Be proud of who you
ARE!

Love, _____

DUH BRUH



You can change the
world with one kind
word.

Love, _____

DUH BRUH

Pass the Kindness! Notes for a Friend

✂ Kids: fill one out & give it to a friend!



To: _____
You're a REAL friend because

From: _____

DUH BRUH



To: _____
You're a REAL friend because

From: _____

DUH BRUH



To: _____
You're a REAL friend because

From: _____

DUH BRUH



To: _____
You're a REAL friend because

From: _____

DUH BRUH



To: _____
You're a REAL friend because

From: _____

DUH BRUH



To: _____
You're a REAL friend because

From: _____

DUH BRUH



To: _____
You're a REAL friend because

From: _____

DUH BRUH



To: _____
You're a REAL friend because

From: _____

DUH BRUH



To: _____
You're a REAL friend because

From: _____

DUH BRUH



To: _____
You're a REAL friend because

From: _____

DUH BRUH

Find Your Voice! Script Cards

✂ Cut out & keep one in a pocket or backpack!

SAY IT TO THEM



"Stop. That's **not okay."**

Stand tall. Use a calm, strong voice.

DUH BRUH

SAY IT TO THEM



"Words like that hurt. Please stop."

Look them in the eye, then walk away.

DUH BRUH

SAY IT TO THEM



"I like who I **am."**

Their words don't get to define you.

DUH BRUH

STAND UP FOR A FRIEND



"Hey, come sit **with us!"**

One kind invite can change a whole day.

DUH BRUH

STAND UP FOR A FRIEND



"Leave them alone. **Let's go."**

Walk away together. Friends stick together.

DUH BRUH

STAND UP FOR A FRIEND



"Are you okay? **I'm here for you."**

Checking in is a BIG deal.

DUH BRUH

GET HELP



"I need help. Someone is being **unkind."**

Telling a grown-up is brave, not tattling.

DUH BRUH

GET HELP



"Can I talk to you about **something that happened?"**

Pick a teacher, counselor, or parent you trust.

DUH BRUH

SAY IT TO THEM



"That's **not funny to me."**

You don't have to laugh along.

DUH BRUH

Calm & Strong Mantra Cards

✂ Cut out & read one when feelings get big!

CALM & STRONG



Let it go.

Their words are about them, not about you.

DUH BRUH

CALM & STRONG



Baby steps.

Every brave thing starts small.

DUH BRUH

CALM & STRONG



**Breathe in...
breathe out.**

Smell the flower, blow out the candle. Repeat 3 times.

DUH BRUH

CALM & STRONG



**Take the high
road.**

Be kind, even when it's hard.
That's real strength.

DUH BRUH

CALM & STRONG



**This feeling will
pass.**

Big feelings are like clouds. They float away.

DUH BRUH

CALM & STRONG



**I am more than
their words.**

Labels are for packages and clothes, not people!

DUH BRUH

CALM & STRONG



**I am brave. I
am kind. I am
ME.**

Say it 3 times, out loud or in your head.

DUH BRUH

CALM & STRONG



**It's okay to ask
for help.**

Grown-ups who care want to know.

DUH BRUH

CALM & STRONG



**Real friends lift
me UP.**

Spend time with people who make you feel good.

DUH BRUH