Dish Up Some Kindness

You're in class when the bell goes off for lunch. How do you feel? Lunchtime can be full of food and fun, but sometimes it's packed with anxiety for you or a friend. Some kids feel nervous about being in a large group or wish they had good friends to sit with instead of sitting alone. Sometimes people say mean things if a kid's food looks or smells different from what they eat. If the hurtful words or actions are repeated, that's bullying. It's enough to ruin your appetite!

You can help create a compassionate cafeteria. Start by dishing up kindness and inclusion. If a kid is sitting alone, ask to join them or invite them to sit with you. If you or a friend is getting bullied, speak up or tell an adult. One meal at a time, you can help take a *bite* out of bullying!

Fill in the blanks to learn tips for a more loving lunchtime.

Answers on page 28