

The Bully Mask

Who is the real person behind the bully mask? Bullies try to appear big, tough and mean. They push kids around as a way of dealing with their own feelings of fear, hurt or anger. They think that by intimidating others, they will feel better about themselves.

Think of a bully you know. If you could rip away the bully's mask, what do you think you would find underneath? Inside the body, write words that describe what is going on deep down inside the bully you know. Write as many words as you can.

