

All: Lingokids.

[music]

Lisa: Hey, everyone, I have a table over here.

Speaker 1: Billy wants to know if this seat is taken.

Lisa: No, it's all yours, Billy. I'm coming, save me a seat. Elliot, have a seat by me.

Elliot: Okey-dokey. Oh, okay. I guess I'll sit here.

Lisa: Great. Let's eat.

Speaker 1: Welcome to Stories for Kids by Lingokids, where we discover fascinating facts about the world around us and the fun of play learning. This is part two of a four-part miniseries about bullying. At lunchtime, Lisa continues to say and do mean things to Cowy. When Cowy gets upset, the friends realize they need help to make things better for everyone.

Cowy: I am so hungry. Yay, I have a cheese sandwich. I love cheese sandwiches.

Lisa: I have a cheese sandwich, too.

Speaker 1: Billy has a sesame seed butter and jam sandwich.

Elliot: That sounds yummy, Billy.

Lisa: Eww, Cowy, your lunch smells.

Cowy: It does smell kind of different. What is it?

Elliot: Yes, what is that?

Cowy: It's tandoori chicken with rice. It's my favorite.

Lisa: Oh, well, you might want to bring a more normal lunch next time.

Cowy: Normal? What do you mean?

Lisa: I mean like a sandwich. See? Like my lunch.

Elliot: Oh, and mine. I bought a normal sandwich. Look.

Cowy: This is my normal lunch. [runs]

Elliot: Cowy, where's she going?

Speaker 1: Billy says you should all go find out, and I think that is a good idea.

Cowy: I don't even want this anymore.

Lisa: Cowy, wait. Cowy, why did you dump your lunch in the trash?

Speaker 1: Billy is worried. What will you eat?

Cowy: I'm not hungry anymore. Why is Lisa being so mean?

Lisa: Me? Mean?

Cowy: Yes. Why are all of you being so mean to me?

Lisa: I'm sorry, Cowy. I thought we were just joking.

Cowy: It wasn't funny.

Speaker 1: Billy says he didn't know you were upset.

Cowy: Of course, I am.

Speaker 1: Cowy, it looks like you could use some help. Can you tell me why you are feeling upset?

Cowy: Okay. Lisa is being really mean and I don't know why. I thought she was my friend.

Lisa: I am your friend.

Cowy: You didn't want the card I made you.

Elliot: That's true, actually, she did not.

Cowy: She said my feather idea for the egg drop experiment was stupid.

Lisa: Experiment, and I never said stupid.

Cowy: That's what you meant.

Speaker 1: Is there anything else, Cowy?

Cowy: She said my lunch smells, and everyone agreed.

Lisa: Cowy, I am so sorry. I made a mistake about that.

Speaker 1: Billy says he is very sorry too. Cowy, it sounds like many things added up to make you feel really rotten. Lisa, what do you think about what Cowy shared?

Lisa: I think, I mean, I don't want Cowy to dump her lunch out or cry, but I don't think I'm mean.

Speaker 1: Lisa, it sounds to me like you said and did things to Cowy that made her feel bad. Do you know why you did that?

Lisa: Oh, maybe.

Cowy: Why?

Lisa: I didn't do anything to you. This morning I wanted everyone to look at my egg drop plans, but instead, they just wanted to look at the cards you made them. No one was listening to me.

Speaker 1: Lisa, thank you for sharing that. A very common reason why someone acts like a bully is that they are feeling bad about themselves, and instead of talking about it, they find someone else to pick on.

Cowy: A bully? Are you saying Lisa is a bully?

Elliot: Bullies are big and mean-looking.

Cowy: Yes, and they punch and push.

Speaker 1: That's right, Billy. Bullying can be physical, like pushing and punching. Bullying can also be emotional, like saying mean things on purpose to make someone feel bad.

Lisa: That sounds terrible. I don't want to bully anyone. Do you really think I'm a bully?

Speaker 1: No, Lisa. I don't think you are a bully. When you say and do things to make someone feel bad over and over again, it is called bullying. I know you are a good friend, and you don't want to act like a bully.

Lisa: I don't want to be bullied.

Speaker 1: Of course not.

Cowy: I don't want to let anyone get bullied.

Lisa: How do you stop bullying?

Speaker 1: Great question, Lisa. Talking about it is a great start.

Lisa: Really? I guess I'm doing that right now.

Speaker 1: You sure are. Next time you feel like lashing out at someone, try to talk about how you are feeling or just take a little break to calm down.

Cowy: Wait, what do eyelashes have to do with bullying?

Speaker 1: To lash out means to take something out on someone else. If you have that feeling inside like you just have to say or do something mean, it's a good sign that you have something you need to talk about.

Lisa: Oh, I have another idea of something I can do.

Cowy: What is it?

Lisa: I'm sorry, Cowy. I'm sorry for making you feel sad.

Cowy: Thanks, Lisa.

Speaker 1: Today, Lisa realized she was being mean to Cowy. This made Cowy and Lisa feel bad. Luckily, the friends learned some tips on what to do to stop bullying behavior. Talk about it, take a break, and say sorry.

[00:06:55] [END OF AUDIO]