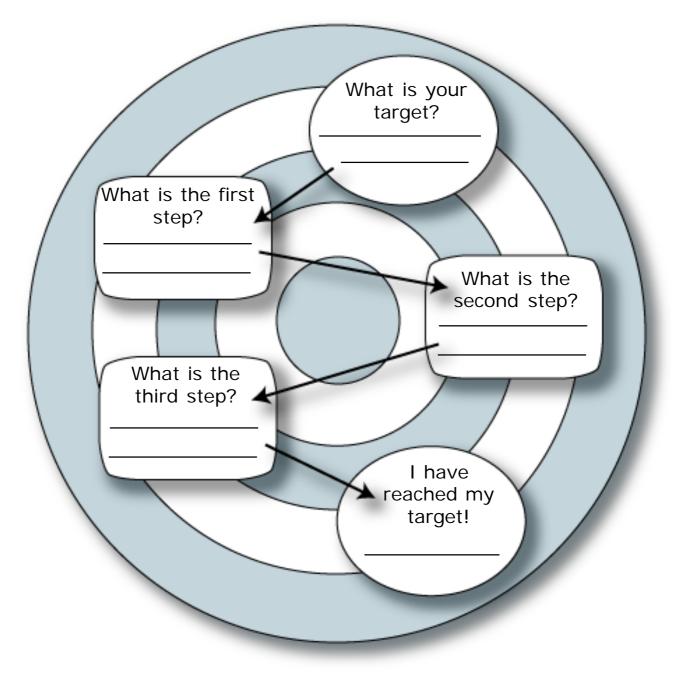


On Target

Sometimes it can be hard to change something in your life that is making you (or other people) unhappy. Setting a target can be one way of making things a bit easier. A target means something you decide you are going to aim for. You write down what you want to achieve, and then the steps to get there.





Helping Bob Change

About Bob:



Bob is not feeling very good about himself. He is in trouble with everyone – his teachers, the principal, his parents, even the other kids! Picking on other kids used to give him a laugh, but now it is no fun at all. The trouble is, Bob doesn't really know what to do when he is *not* being a bully! His teacher suggests he sets himself a target so he has something to aim for.

What target could Bob set for himself? _____

Write down his first step towards his target:

Now write his second step: _____

And now his third step:_____

How will he know when he has reached his target? _____

What should he do when he gets to his target? _____



Bob has been trying not to pick on other kids. He has set himself a target and has been working hard. But he needs a bit of help to get there.

Have you got some ideas that will help Bob stop bullying other kids?

Can you think of some people Bob could ask for help?

Bob's usual morning greeting! What else could he say?

