



PALLEN'S
MARTIAL ARTS™

POWERFUL

OCTOBER 2026

PROJECT

BULLY AWARENESS

AGES: 4-6

First & Last Name: _____ Parent/Guardian: _____

Tip Goal: _____

This month, we're learning about BULLY AWARENESS!

Bullying is when someone keeps trying to hurt another person with their words, actions, or behavior.

How Can I Stop Bullying?



With Others

- I keep my hands and feet to myself
- I use kind words instead of hurtful words
- I include others and don't leave someone out on purpose
- I tell a trusted adult when someone needs help



In Class

- I help others feel safe and welcome
- I never use my martial arts to bully or show off
- I encourage my partners instead of making fun of them
- I tell my instructor if I see bullying



Why Bully Awareness Matters

- ✓ Everyone deserves to feel safe and respected
- ✓ Kind words and actions can make a big difference
- ✓ Asking an adult for help is a sign of courage
- ✓ Martial artists use their skills responsibly

At Pallen's Martial Arts, we use our strength to help others, not hurt them.

"A little consideration, a little thought for others, makes all the difference." — Eeyore, Winnie-the-Pooh

Tigers, color in the photo below!

