

# HAPPY SCHOOLS

## 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.

What is your target?  
\_\_\_\_\_  
\_\_\_\_\_

What is the first step?  
\_\_\_\_\_  
\_\_\_\_\_

What is the second step?  
\_\_\_\_\_  
\_\_\_\_\_

What is the third step?  
\_\_\_\_\_  
\_\_\_\_\_

I have reached my target!  
\_\_\_\_\_

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## 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? \_\_\_\_\_

\_\_\_\_\_

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## Help Bob Stop Being a Bully

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?

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

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

