

Cedric's No-Bullying Challenge

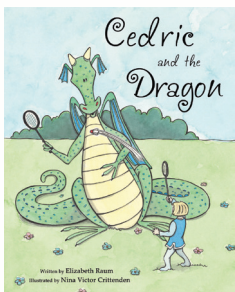
October is National Bullying Prevention Month. Cedric, the young prince in *Cedric and the Dragon*, has a challenge for you! Each day in October, follow one of Cedric's bullying prevention ideas to meet Cedric's No-Bullying Challenge.

Cedric's bullying prevention ideas:

1. Hug someone every day.
2. Be patient and help someone who doesn't know how to do something you know how to do.
3. Give the benefit of doubt. Things aren't always what they first appear to be.
4. Don't just follow the crowd. Follow your heart and what you know is best.
5. Not everyone is good at the same things. But everyone is good at some thing. Kindly point out to others something they are good at.
6. There are better solutions than violence. More hugs help.
7. Pick flowers for your mum.
8. Believe in yourself. If you feel better about yourself, you'll feel better about others.
9. Say or do something kind for someone else. Choose someone who might not have a lot of friends or be the most popular.
10. Smile.
11. Remember, if it seems like someone is trying to ruin your kingdom, maybe they just have a tummy ache and need another hug!

Keep track of your progress. Write down one thing (Cedric's idea or your own idea!) you do each day in October to bring peace to your kingdom.

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Cedric and the Dragon

BY Elizabeth Raum ILLUSTRATED Nina Victor Crittenden

Prince Cedric is slow to walk, has a tough time with reading and math, and fails miserably at dragon slaying school. But with kindness and bravery, and his love for hugs, Cedric saves the kingdom. This cheerful picture book shows there are many ways to solve a problem and reinforces the idea that everyone has something special to offer.

- Reminds us that everyone has special talents and skills, even if they're sometimes hidden.
- Gentle language and plot promote nonviolence as a way to solve conflict.

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Mom's Choice Award Gold

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