



It was hard and I did it anyway!

This activity was originally created by a teacher who wanted to help students become aware of their struggles and successes in school and to develop more appreciation and empathy for their peers. Use these questions to underscore that being an upstander is not always easy, but always important.

- ✓ What is one thing that you did in school this year that was HARD and you did it anyway?

- ✓ Who helped you?

- ✓ How did they help you?

- ✓ What is one thing that is STILL HARD for you and you do it anyway?

- ✓ Your Name _____

- ✓ Date _____