

## **Mushin – The Art of Self-Control**

Mushin is an educational bully-proofing program that teaches children how to use their words to redirect bad behavior such as verbal abuse, cyber bullying and constant teasing. Mushin also teaches how to stay calm in stressful situations through role-playing and demonstrations while building confidence and courage through communication.

Course content:

- **What is bullying?**  
Define what is bullying and learn the difference between bullying and teasing.
- **How powerful are words.**  
Explain why words hurt if used negatively and how words can be used in a positive manner to motivate and inspire.
- **Know your weaknesses**  
Help students to know their weakness so that they will be able to control their emotions when someone pushes their “hot buttons.”
- **The Bully**  
Provide the bully ways to stop the action and help them become a student with a purpose by teaching them how to feel good about themselves.
- **The Bully Cycle: Bullied, Bystander and Adult**  
Explain the “bully cycle” and detail the role each play in putting an end to bullying.
- **What If:**  
Give students “what if” scenarios to help them see what they would do in a particular situation--especially situations where it would be safety for themselves, a fellow classmate and the school.
- **Leadership:**  
Teach leadership skills that will help all students make the right choices and do the right thing.
- **Teamwork:**  
Help students understand the importance of teamwork and why everything is better if we work as a team.
- **Courage:**  
Build up the high courage in students so that they will not be afraid to stand up for themselves, other students, as well as loved ones, by giving them self-affirmations that will build their confidence and self-esteem.
- **Course Activity:**  
Students participate and their skills are strengthened through role-playing exercises and demonstrations.