



**A Discussion and Activity Guide for Families:**  
Celebrating the Differences in Us All with the  
Help of Rudolph the Red-Nosed Reindeer

Prepared by PACER's National Bullying Prevention Center  
[www.PACER.org/ShineBright/](http://www.PACER.org/ShineBright/)

## A NOTE TO PARENTS

Rudolph the Red-Nosed Reindeer has symbolized the youthful spirit of the holiday season for decades, spreading hope and joy to both young and old. But before Rudolph and his luminous red nose saved the holidays, he was teased for being a little different from his peers—an issue that we all know still exists today.

This holiday season, parents can use the classic story of Rudolph the Red-Nosed Reindeer as an opportunity to start a conversation with their children about differences.

When families gather with their children to watch the journey of Rudolph and are reminded how his unique red nose makes him ShineBright, please start a discussion with your children about the importance of celebrating the uniqueness that makes each one of us special. When children are encouraged to embrace the differences in all of us, they learn an important message that will help put an end to bullying.

Happy Holidays,  
PACER's National Bullying Prevention Center

The themes listed below are all addressed in the Rudolph story. As you ask the questions below, you can discuss these themes and why shining bright can make the world a brighter place.

**Themes to explore:**

- Diversity – celebrating our differences
- Empathy – how it might feel to be teased and bullied
- Kindness – making others feel good
- Individuality – recognizing our own uniqueness
- Responsibility – recognizing one’s own mistakes

**Here are a few questions to help guide your conversation:**

- How is Rudolph different from the other reindeer?
- How do you think Rudolph felt when he was teased by the other reindeer?
- How do you think Rudolph felt when he was excluded from the Reindeer Games?
- How did Rudolph feel when he was accepted for his differences?
- What are some things the other characters might have done to be nice to Rudolph?
- How does Rudolph shine bright?

*For strategies to address bullying behavior, please visit [PACERKidsAgainstBullying.org](http://PACERKidsAgainstBullying.org).*

**ACTIVITY: How Do You Shine Bright in the Sky?**

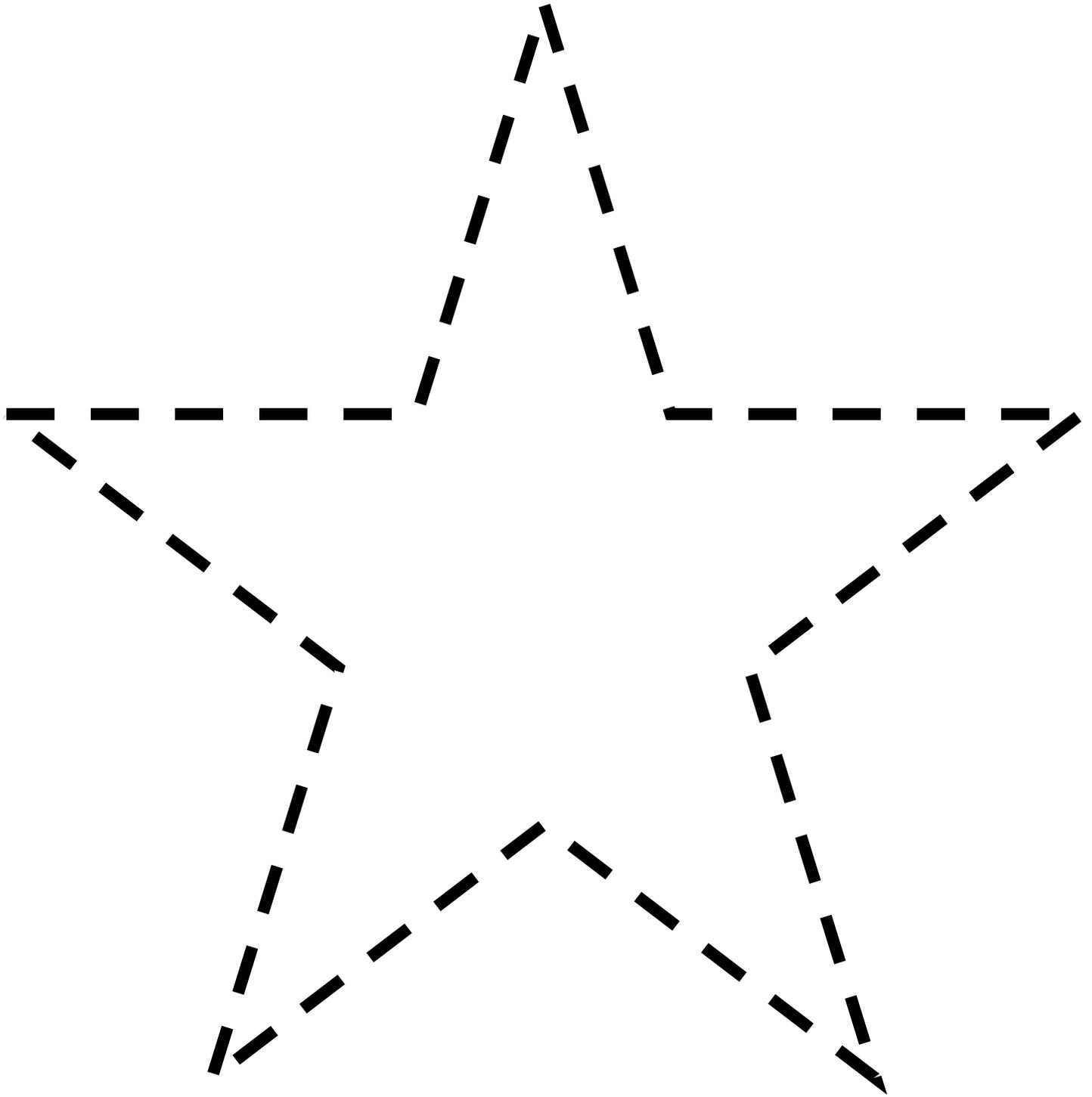
Have you ever looked up at night to see the stars shining bright high up in the sky? Each star in the sky glimmers and twinkles in its own unique way – similar to how we all have unique qualities that make us ‘shine bright.’ Teach your children how to celebrate their differences and what makes them sparkle by creating a special star that showcases the qualities that make them shine bright!

**Materials**

- Printed copies of the star template (next page)
- Markers, glitter or other materials to decorate the stars

**Activity**

1. Help your child(ren) to think of two or three qualities about themselves that makes them ‘shine bright’
2. Write those qualities on the star template below
3. Ask your child(ren) to decorate the star in any way they would like, illustrating their special traits
4. Once decorated, ask your child(ren) to cut out their shining star
5. Ask your child(ren) to finish this sentence, “My star shines bright because \_\_\_\_\_.”
6. Tape or hang the stars on the wall or ceiling so that your child(ren) can remember how their differences come together to help make a beautiful sky full of shining stars!



**ShineBright**

CELEBRATE OUR DIFFERENCES.  
HELP MAKE THE WORLD A BRIGHTER PLACE.