

ANTI-BULLYING WEEK: THE POWER OF KINDNESS

By Annabel Keeble

OUR ACTIONS AFFECT OTHERS!

- Our actions can affect others.
- It affects how they think and how they feel.
- How would these different scenarios make us feel?

- Josh wants to play with Henry and Justin, who are playing with a football. He asks "can I join in?". Henry turns round and says "No! We are playing a 2 player game."
- VS
- Josh wants to play with Henry and Justin, who are playing with a football. He asks "can I join in?". Henry turns round and says "Sure. It is a 2 player game but we can take turns"



Verbal - Saying kind words. Giving compliments. Standing up for someone being treated unfairly.

Social - Including others in games and conversations.

Physical - Helping someone who looks sad or left out. Offering a hug or a high-5 to others.

Online – Reporting mean messages, and telling a trusted adult when you see bullying online.

WHAT DOES
KINDNESS
LOOK LIKE?

WHY KINDNESS MATTERS

- Kindness makes everyone feel happy and safe.
- When we're kind, we build strong friendships.
- Kindness spreads – one act can inspire another!



ACTIVITY: THE KINDNESS CHAIN

- Turn to the person next to you
- Give them a compliment!
- This can be something like “you are really kind” or “you are a great friend” or “I like your hairclip!”
- Think to yourself, how did it make you feel to receive a compliment?

HOW WE TREAT OTHERS

- Sometimes things happen in life that affect how we treat others
- E.g. we don't get enough sleep, we are hungry, or someone in our family is unwell.
- How we treat people is important. But we don't always get it right. The most important part is being honest with our friends about how we're feeling. If this is difficult, a teacher or an adult will be able to help you.



BOUNDARIES

- Sometimes others can overstep our boundaries
- This can make us feel sad, angry or upset
- It is important to set boundaries with others... but sometimes we can do this in a way that upsets others
- E.g. "GO AWAY!" Or "I don't like your idea. It is rubbish"
- This can cause us to fall out with our friends

SETTING BOUNDARIES... KINDLY



Thank you for your offer, unfortunately I can't make it.



I'm not comfortable discussing that. Please do not discuss it with me.



I will end this phone call if you continue to shout at me.



I respect your opinion but this is my life and my decision.



I'm not comfortable with that. If you do it again I will have to leave.



I need time to think about it. I'll come back to you.

REFLECTION TIME

- Think about:
- A time when someone was kind to you.
- How did it make you feel?
- What kind act can you do today?



THANK YOU!

Remember: kindness is powerful – one small act can make a big difference