

Bullies  Out[®]

KINDNESS

ACTIVITIES



Introduction

Over the past 18 months, children and young people have faced more challenges than could ever be expected and the impact has been huge. This year, as most schools return as normal, children might have different feelings about returning to school. Some might be anxious for a range of reasons. They may worry they have fallen behind with their work and will struggle to catch up while others may be excited and are looking forward to seeing their friends and simply being back in a school setting.

For those children who have previously experienced bullying at school, they may be worried about seeing their peers again. Although some children have experienced online bullying or problems with peer relationships while they were learning at home, going back to school, and having to face those who are displaying bullying behaviour towards you can cause anxiety, fear, worry and much more.

This is why this year's Anti-Bullying Week theme of One Kind Word is so important. We need to bring more kindness into the world and impact people in a more positive and uplifting way. Spreading a ripple of kindness begins with each and every one of us and will help make the world a better place.

The activities available for download have been designed to help schools celebrate and take part in Anti-Bullying Week.

They are all based around Kindness and how we can be more kind to not only others but to ourselves as well.

ONE KIND WORD

Anti-bullying Week 2021

BulliesOut®

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I Can Be Kind By ...

Teacher Notes:

This activity is to help children understand ways in which they be kind to others but also how to be kind to themselves - something that is sometimes forgotten.

Being kind to others is important but being kind to ourselves is equally as important. It enables us to be the best version of ourselves, realise when we need 'time out', helps us to live well and improves our physical and mental health. Meeting our own needs will help us give more to others.

The children may need some guidance, so we have written some suggestions below:

Being Kind to Others:

- Saying nice things
- Sharing and taking turns
- Smiling
- Being happy for others
- Caring about others
- Encouraging your friends
- Listening when others speak
- Offering to help
- Using good manners
- Being respectful

Being Kind to Myself:

- I won't compare myself to others
- I will respect myself
- I will eat healthy
- I will make good choices
- I will be positive
- I will be happy
- I will get enough sleep
- I will choose kind friends
- I will be proud of my achievements
- I will take time to relax and have fun

Each outline can be photocopied and given to the children to colour in and complete using the instructions.

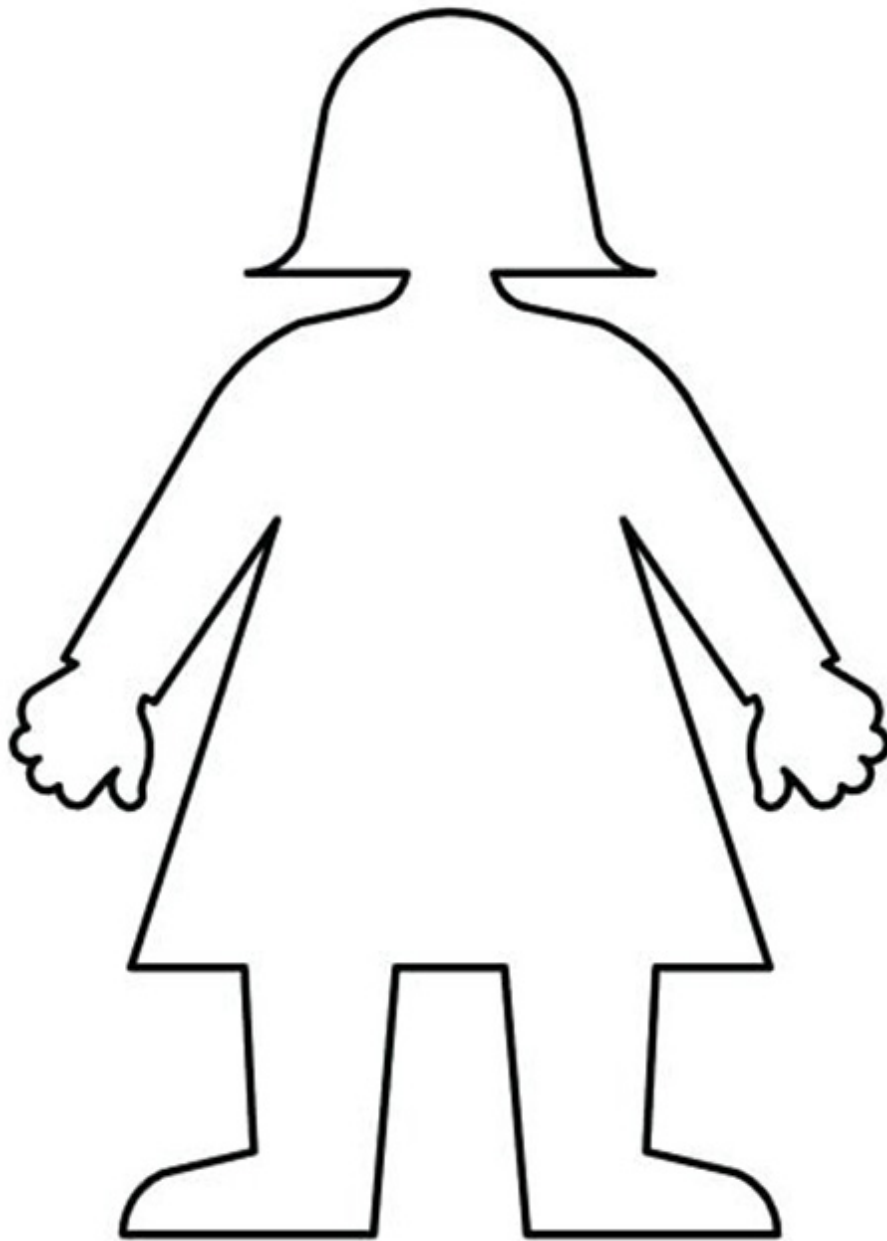


I Can Be Kind By ...

Colour in the outline to look like **YOU!** Then write underneath each header ways in which you can be kind to others and to yourself.

Kind To Others

Kind To Myself

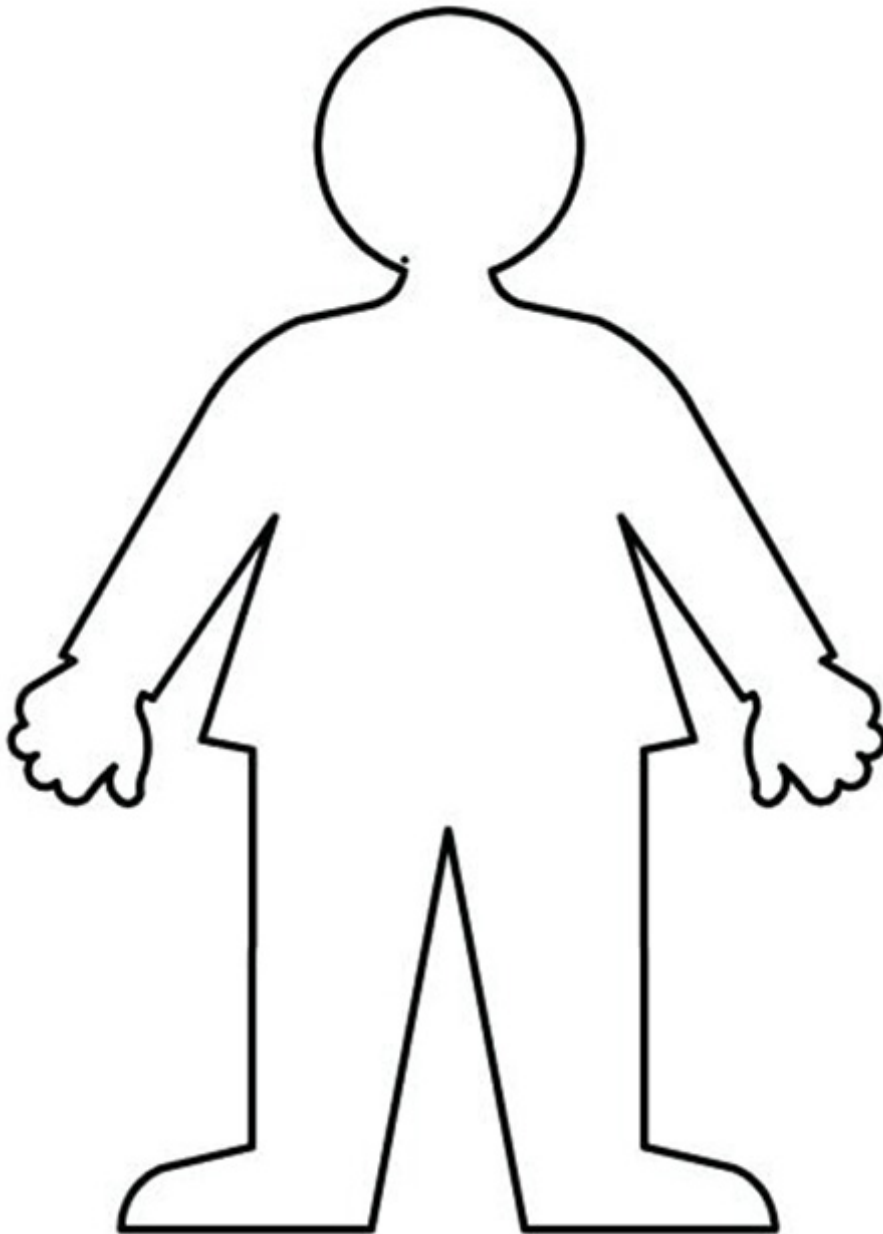


I Can Be Kind By ...

Colour in the outline to look like **YOU!** Then write underneath each header ways in which you can be kind to others and to yourself.

Kind To Others

Kind To Myself



Five Kind Words

Teacher Notes:

This is a great activity for children to explore Kind Words. The hand activity can be photocopied and given to each child. Younger children may need some help with cutting it out.

The focus is on children taking personal responsibility for what they say to others and how their words can make a positive difference to someone.

By teaching children to be more aware of what they say and how it affects other people's feelings, we can create a more accepting and respectful school community. This activity is also great any time of the year when you need to review the classroom expectations!

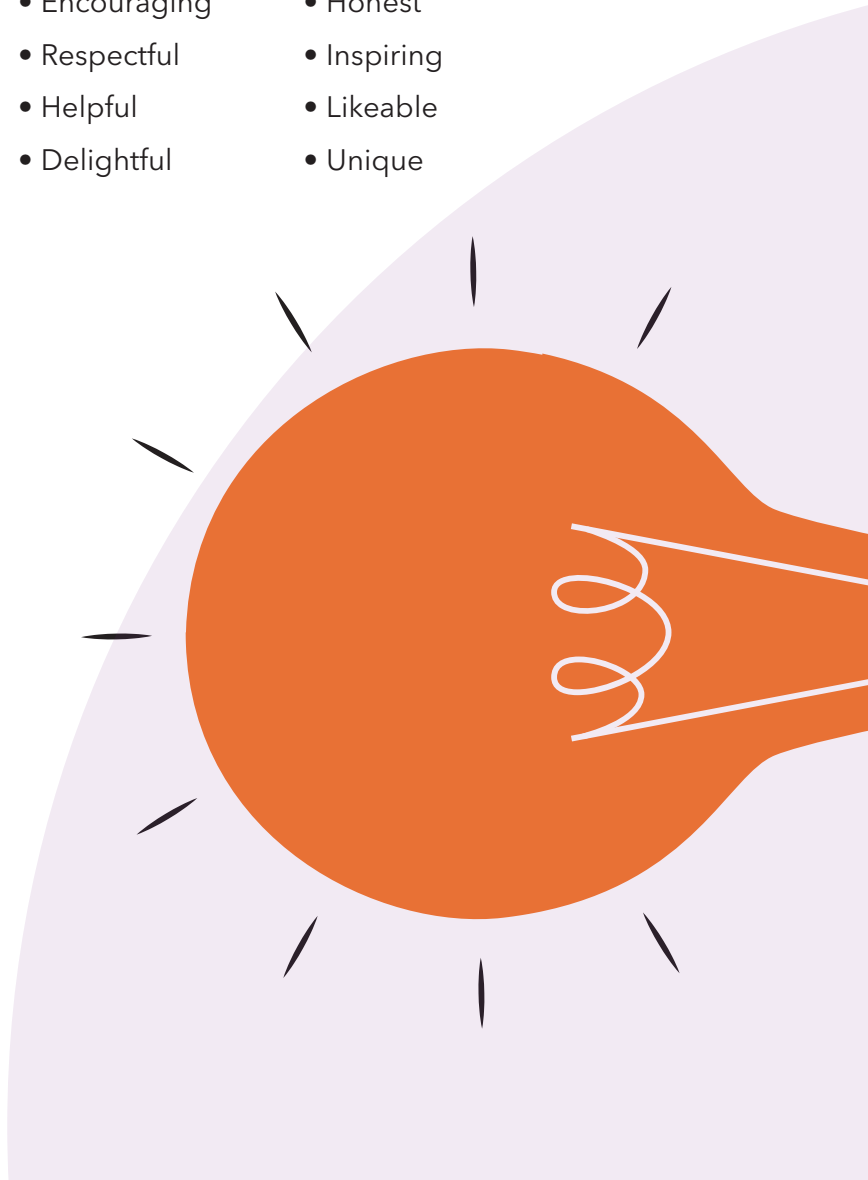
By asking them to write a message on the palm of the hand for a classmate, it helps spread a ripple of kindness throughout the classroom.

To ensure everyone receives a message, perhaps the children could be put into pairs or small groups and the messages are shared that way.

They can then be taken home or laminated and used to create a Hand of Kindness display in the classroom.

The children may need some guidance, so we have written some suggestions below:

- Caring
- Generous
- Friendly
- Happy
- Nice
- Kind
- Encouraging
- Respectful
- Helpful
- Delightful
- Brave
- Funny
- Clever
- Cheerful
- Considerate
- Loyal
- Honest
- Inspiring
- Likeable
- Unique



Five Kind Words

Lightly decorate the hand and write 5 kind words, one along each finger and the thumb.

Now think of someone who you would like to surprise with a message today and write that message in the palm of the hand.

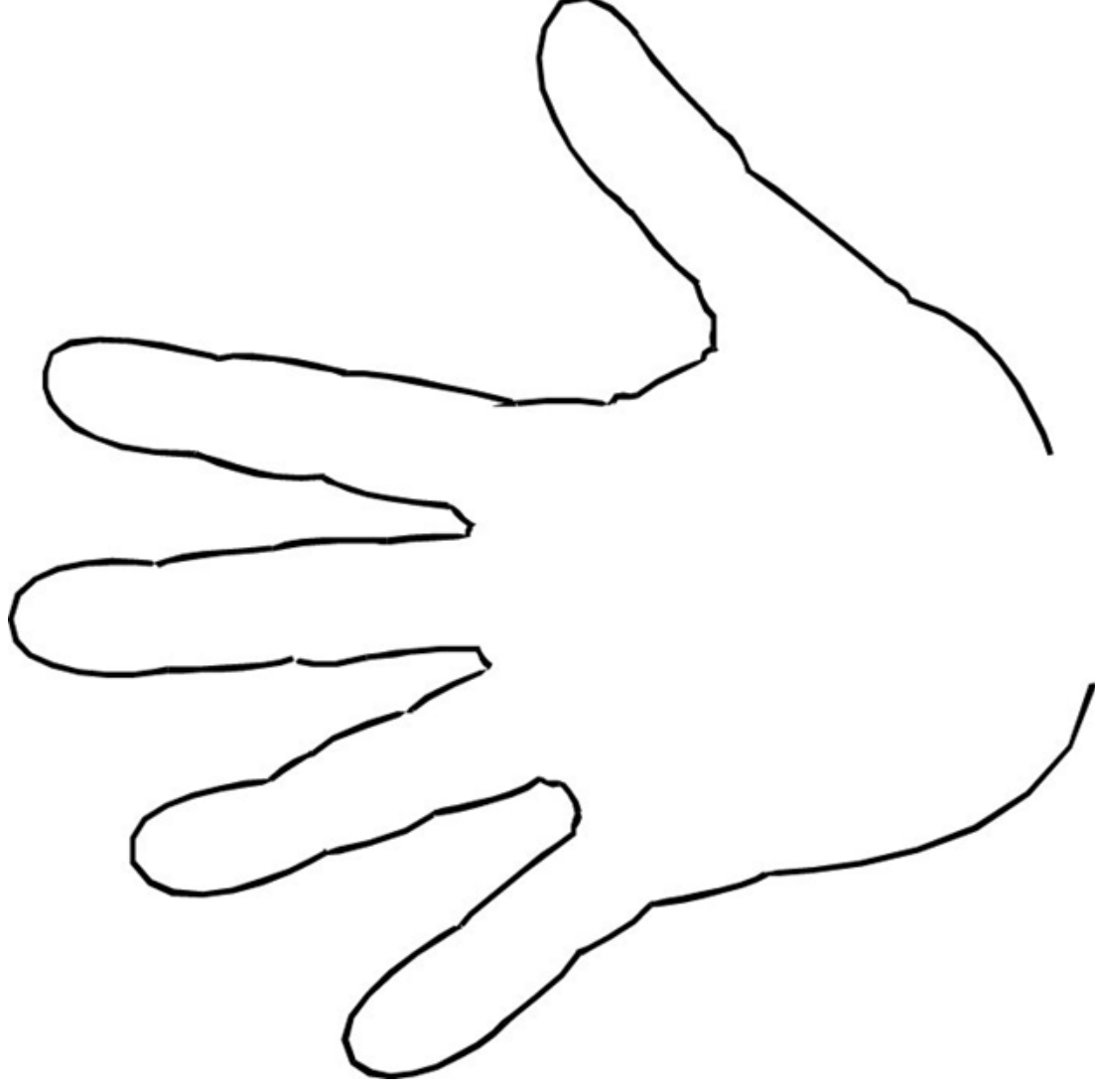
Cut out the hand (ask your teacher to help with this) and give it to the person you have chosen.

Giving someone a compliment or a kind word can really make a difference to how they might be feeling.

It lets them know that you care, and their friendship means a lot to you.

Doing something nice for someone else can also make you feel better about yourself.

Kindness really is important and spreading kindness can help make the world a happier place.



Kindness wordsearch

Teacher Notes:

Word searches are a fun way to explore the concept of kindness and to consolidate what has been learnt in a lesson.

This kindness wordsearch will help introduce children to key words associated with kindness. This can then lead to a discussion about how being kind has a positive impact on everyone, on mental health and wellbeing and how it can help people during difficult times.

In the wordsearch, words such as caring, thoughtful and friendly can be found and these words are powerful and important to discuss with children and encourage them to become more kind.



Kindness wordsearch

Up, down, forwards, backwards, diagonally,
can you find and circle the hidden words?

E	S	K	I	C	E	T	I	L	O	P
B	T	C	A	R	I	N	G	I	Y	L
K	H	H	E	L	P	F	U	L	I	K
Y	B	L	O	N	Z	V	O	P	I	C
U	G	V	S	U	E	L	T	N	E	G
D	E	S	A	U	G	W	O	P	N	S
S	N	V	F	E	B	H	G	H	A	S
U	E	J	T	R	E	W	T	H	Y	E
P	R	T	O	D	I	E	R	F	T	L
P	O	B	N	S	D	E	T	I	U	F
O	U	C	E	C	I	N	N	G	U	L
R	S	J	O	R	E	D	G	D	E	E
T	W	Q	E	E	S	M	U	M	L	S
I	F	R	W	T	O	B	D	K	W	Y
V	B	N	H	G	P	Q	H	I	Q	Q
E	T	A	R	E	D	I	S	N	O	C
A	Z	F	I	B	H	R	Y	D	G	U

CARING
GENEROUS
NICE

THOUGHTFUL
GENTLE
CONSIDERATE

KIND
SELFLESS
HELPFUL

SUPPORTIVE
FRIENDLY
POLITE

Kindness Pledge

Teacher Notes:

The Kindness Pledge is something children can do individually, or you can set a goal to have a set number of kindness pledges completed in your class by a certain date.

Starting each day with a Kindness Pledge can remind children how important it is to be kind and helpful to others.

A pledge can be a simple individual pledge, for example: **'I pledge to give someone a compliment on Kindness Day'** Or a class kindness initiative with their peers such as: 'We pledge to organise a week of kindness events and activities in our school for our classmates'

Kindness is so important and encouraging children to complete an 'act of kindness' will help spread a ripple of kindness throughout your school.



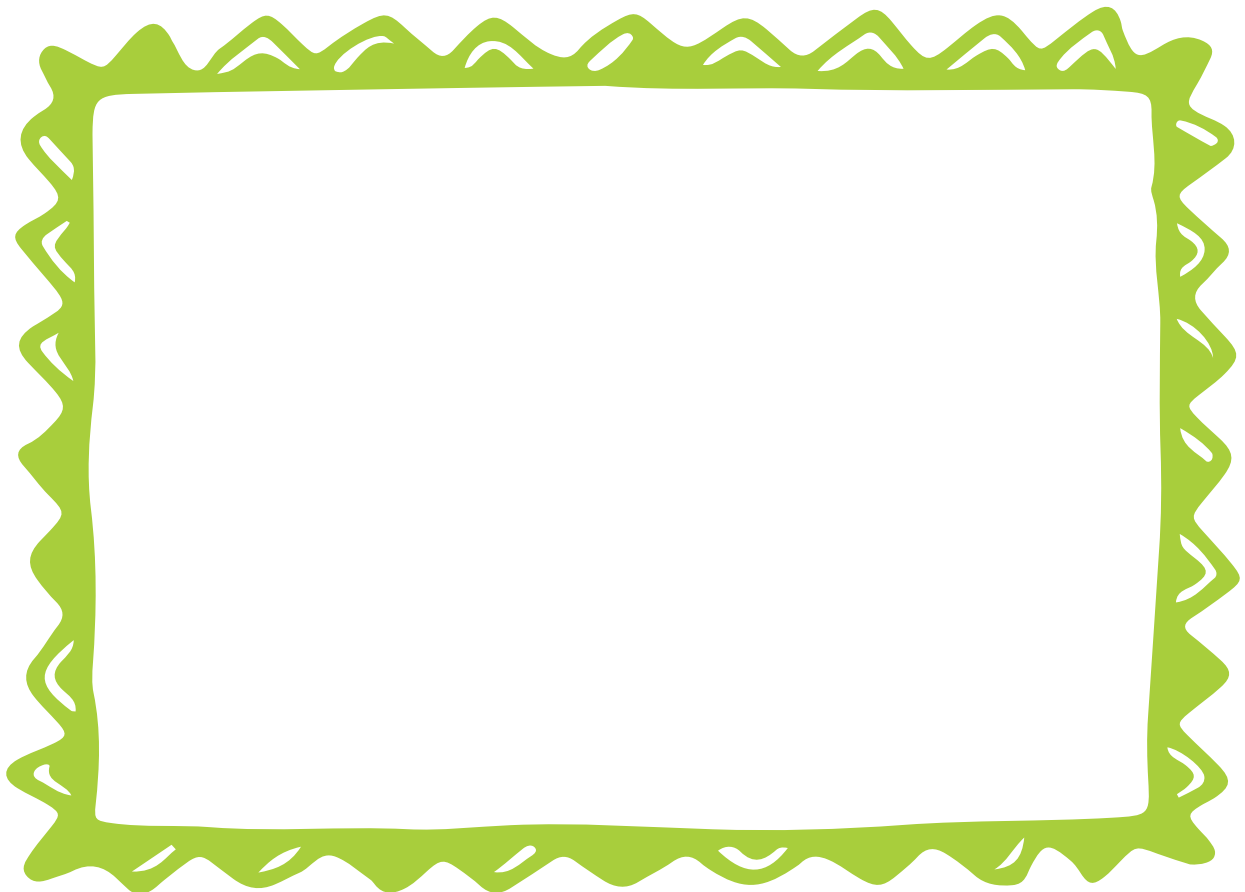
Kindness Pledge

A pledge from each of us in the UK to be kind to someone would mean 68, 289, 570 million (UK Population Demographics 2021) people pledging an act of kindness to another person. Can you imagine the positive impact this would have on society?

- Will you pledge an act of kindness during Anti-Bullying Week 2021?
- Who will you choose?
- How will you Be Kind to someone else?

This is my Kindness pledge

(write in the box below what you are going to do as your own individual pledge)



Please share your images of your pledges with us on Social Media by tagging in @BulliesOut and using the hashtag #KindnessMatters

Other things you can do for Anti-Bullying Week 2021

- If you want to shine more of a spotlight on bullying behaviour, please look at our workshops and training programmes – all of which cover a range of anti-bullying themes.
- Display our Kindness posters around your school. We also have Anti-Bullying posters available, and these can be downloaded from our website or purchased from our online shop.
- You can purchase a range of our fantastic merchandise, including wristbands, badges, pens, and lanyards from our online shop. To purchase large quantities, please contact us first.
- You can share our Information Brochure for Parents with the parents and carers of the children in your school.
- We have CPD Certified training for Educators and training for parents on topics such as E-Safety and Understanding and Exploring Bullying.
- BulliesOut is not government funded so we continually raise funds to keep our charity going. If you are able to fundraise for us we would be really happy as it would help make a big difference to us. You could hold a Go Purple event at your school (details are on our website) or take a look at our Fundraising Brochure for Schools for more ideas.

Award winning charity BulliesOut, founded in 2006, is one of the UK's only charities dedicated to bullying. Our work is delivered across the UK and each year, through our work we provide anti-bullying workshops, training, youth engagement programmes and mentoring support to approximately 10,000 people each year.

Our mission is simple - to support individuals, schools, youth and community settings and the workplace through positive and innovative anti-bullying programmes and to empower individuals to achieve their full potential.

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