ONE KIND WORD
Activity Book

Bullies Out
www.bulliesout.com
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.
Walking in Someone Else’s Shoes

*Empathy, compassion and kindness are three of the most important qualities that we can have.*

It can be very difficult to understand what others are going through or how they are feeling but if we knew this, would we have more compassion and empathy for them? Would we show them more kindness?

You've probably all read the book ‘*To Kill a Mockingbird*’ and as the infamous Atticus says, “You never really understand a person until you consider things from his point of view ... until you climb into his skin and walk around in it.” Quite simply, this is the ability to put oneself into a person’s ‘shoe’ and see things from their perspective.

**So, choose a ‘shoe’ template.**

On the side of the trainer or shoe, write down ten things that people would not know about you unless you told them, or they could get into your mind! This can be your favourite book or movie, interests, obstacles you have overcome, any broken bones, successes, and any other interesting facts.

On the sole of the trainer or shoe, choose a line from a song that best represents you and write it here.

Be as creative as you want!

Be proud of your shoe!
The Circle of Control

There are times when many people struggle with things that are out of their control – especially with the more than usual stress and anxiety we have had to deal with over the past 18 months.

This activity will help us understand that through life, there will be things we can control and things we simply cannot.

Stress and anxiety often increase when we focus on the things we cannot control (such as other people’s behaviour, Covid-19, politics, etc), while we neglect to think of the things we can change. Often, the things we can change are the things that can really help us – you know, the self-care things, such as, sleep, eating healthy, exercise, keeping hydrated and so on.

Unfortunately, when we focus on the things we can’t control, it can affect how we act towards others. We can become stressed and anxious and that can make us lash out at those close to us. It can make it hard for us to focus, make us feel negative and sap our emotional stress.

Have a look at our Circle of Control activity.

During difficult times, it can help to look at what is worrying us or stressing us out and break them down into what we can or cannot control. Think about these things and using the circles, write down:

- Cannot Control: These are things you simply have no control over at all
- Some Control: These are things you may be able to influence, but not control
- Can Control: These are things you can control

Hopefully, this activity will help you re-focus, so you feel less anxious and able to focus on the positives in your life.
**Teacher Notes:**

Teaching empathy, compassion and kindness are three of the most important character qualities we can pass onto a young person. Many teens lack these qualities. They are immersed in a world of social media and video games, and these can sometimes desensitise them from reality and the real world.

The Walking In Someone Else’s Shoes activity is a reminder of how we all need to spend more time thinking of and understanding others. It helps give an excellent perspective to another person’s world – how they may be feeling or what they are going through. By understanding this, it can increase compassion, empathy and kindness.

We know that at times young people need a ‘refresher’ in empathy and kindness and reminding them to ‘Walk in Someone Else’s Shoes’, put themselves in another’s situation, is a valuable character trait.

The Circle of Control activity was developed to help students re-focus on what they can control in their lives. The past 18 months has been such a stressful time, it can be very easy to lose sight of all the positives we have and to simply focus on the negatives – much of which we have no control over.

Although the activity doesn’t follow the theme of One Kind Word, it does encourage young people to be kind to themselves. If they are kinder to themselves, this can impact on the way they treat others.

The young people may need some help with the Circle of Control, so we have written some suggestions below.

**Cannot Control:**
- Covid 19
- Other people wearing/not wearing masks
- Politics
- Parents splitting up
- Other people’s behaviour
- Other people’s actions, thoughts, and feelings

**Can Control:**
- Reaching out to someone
- My behaviour
- My self-care
- My mindset
- My work ethic
- My attitude
- My actions, thoughts, and feelings

**Some Control:**
- School Work Schedule
- How well you sleep
- Your health
- How often you speak with your friends
- My future

[www.bulliesout.com](http://www.bulliesout.com)
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.