



Anti-Bullying  
Week 2021

**PRIMARY  
SCHOOL  
PACK**

ORGANISER



ANTI-BULLYING  
ALLIANCE



**ONE  
KIND  
WORD**

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# ANTIBULLYINGWEEK  
MONDAY 15<sup>TH</sup> TO FRIDAY 19<sup>TH</sup> NOVEMBER

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## INTRODUCTION

Anti-Bullying Week 2021 is happening from Monday 15th – Friday 19th November and has the theme ‘One Kind Word’. It is coordinated by the Anti-Bullying Alliance, which is based at leading children’s charity the National Children’s Bureau. We have worked with over 300 children and young people to decide the theme for this year.

### THE ONE KIND WORD CALL TO ACTION

Ask if someone’s OK. Say you’re sorry.  
Just say hey.

In a world that can sometimes feel like it’s filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone’s perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.

Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity. It starts with one kind word. It starts today.

**ONE  
KIND  
WORD**

All of the ideas in this pack are designed to help schools to celebrate and take part in Anti-Bullying Week. It is mainly targeted towards Key Stage 2 but could be easily adapted to Key Stage 1. **We’ve designed the resources so they can be adapted to the ever-changing situations in schools relating to COVID-19.** They could be delivered online, in smaller groups or as whole assembly groups.

The pack contains an **assembly plan, lesson plan (could be two lessons) and cross curricular activity ideas** that are designed to encourage students to think about how we can unite to address bullying both online and offline. This pack has been written for schools but the activities can be adapted for any setting for young people.

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We rely on fundraising to provide you with these Anti-Bullying Week school resources each year. We'd be grateful if you would consider donating or fundraising for the Anti-Bullying Alliance to ensure we can keep providing these resources.

- You can donate directly to us via our [Just Giving page](#).
- Or send us a cheque should be made payable to 'Anti-Bullying Alliance' and be sent to the National Children's Bureau, 23 Mentmore Terrace, London, E8 3PN. Please make sure you include your name and your address as we like to acknowledge all funds raised wherever possible.

**JustGiving™**



## DELIVERING THESE MATERIALS TO STUDENTS WILL INVOLVE CAREFUL PLANNING.



### As the adult delivering the session:

- consider any students who are currently experiencing or witnessing bullying and identify how you will tackle this before delivering the session;
- be aware of any changes in student behaviour during the session as this may highlight a bullying-related issue;
- ensure students do not disclose personal information or specific incidents during the session but remind them an adult in school will be available to talk to them afterwards.

### During the session, make sure students are taught:

- how to report bullying;
- the language to talk to a trusted adult about their experiences and feelings;
- when and how to ask for help and make sure they are listened to;
- that there are people who care and can help if they are struggling with a bullying-related issue;
- the school's Anti-Bullying Policy.



**MONDAY 15<sup>TH</sup> NOVEMBER**

**This year we are holding Odd Socks Day** with the support of Andy Day, cBeebies star and front man of Andy and the Odd Socks. It is a chance for primary schools to celebrate Anti-Bullying Week in a positive way by asking students to wear odd socks to school. There is no pressure to wear the latest fashion or buy expensive costumes. All you have to do to take part is wear odd socks, it could not be simpler!

Odd Socks day will take place on the first day of Anti Bullying Week, **Monday 15th November** to help raise awareness for Anti-Bullying Week.

**It comes with a school pack of lesson plans and activity ideas, which you can find [here](#).**



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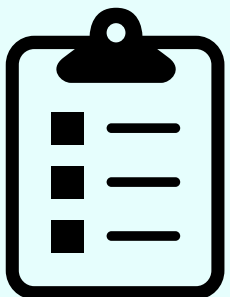
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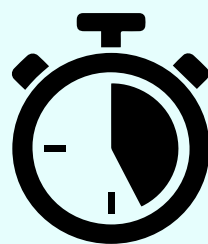
# ASSEMBLY PLAN

## AIMS



- To provide students with a clear understanding of your school approach to reducing bullying
- To encourage students to show each other more kindness
- To encourage student participation in collective responsibility against bullying

## TIME



- 20-25 min

## OUTCOMES

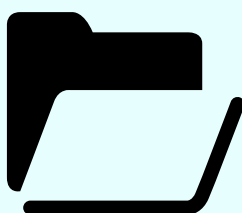
By the end of the assembly, students will:





- Understand that kindness is important and can affect our lives for the good.
- Know how to report bullying in your school
- Know what a ripple effect is and that we want to spread kindness this Anti-Bullying Week.
- Understand that Anti-Bullying Week has the theme One Kind Word this year.

## RESOURCES AND PREPARATION

(Click the links to download the files)



-  [Anti-Bullying Week 2021: Assembly Plan PowerPoint](#)
-  [Anti-Bullying Week 2021: Primary School Film \(2 minutes\) - please watch this film prior to showing it to students](#)

## ROLE PLAY ENTRANCE (5 mins)

As the children are walking into assembly, have two teachers (if it is appropriate for your school) acting in ways that demonstrate kind and unkind examples of behaviour. For example, one could welcome the children with a smile, a handshake or a wave, giving complements, always being polite. The other could be demanding – pointing to where they need to sit, using short clipped sentences like 'Over there!', turning their face away as people look at them, tutting etc.

As the children are settled and waiting for assembly to start, call the teachers who were 'greeting' the children over to the front. Thank them for their role play. Ask all the children to think again about how they felt about the differences in the way they were treated on their arrival. Ask the assembled children to think of a word that they can think of to describe how the unkind actions made others feel, for example, sad, upset, angry, alone, concerned etc. Now ask the assembled children to think of a word that they can think of to describe how the kind actions made them feel, for example, happy, joyful, positive, welcomed, together etc. Compare the two groups of words with the children and explain that today we are looking at what kindness means. Ensure students understand that when we treat others with kindness we are being respectful and showing them we care. Highlight to the students that unkind behaviours can hurt others and make them feel like they don't matter.

## INTRODUCING ANTI-BULLYING WEEK (5 mins)

**Say it's Anti-Bullying Week this week and we're going to look at how we can spread kindness around our school.**

Ask for hands up if people know how to report bullying or anything they are worried about. Remind them how they can report bullying. You could use this time as an opportunity to find out how much people understand your school approach to bullying.

## Display SLIDE 2

### WATCH OUR ONE KIND WORD VIDEO





## EXAMPLES OF KINDNESS (5 mins)

Ask what students: 'What is the message of the film?'

### Display SLIDE 3

Ask them to think in pairs about any of their favourite stories (real or fictional), films and TV programmes where kindness 'saved the day'. Ask them to share some of their ideas.

Here are some examples:

- **Matilda:** When Matilda and other children cheered on Brucie so he finished the cake for Mrs Trunchball
- **How people were kind to each other through COVID**
- **Harry Potter:** how Ron, Harry and Hermione support each other through their adventures
- **Brownlee Brothers:** when Alistair Brownlee helped Jonny Brownlee over the finishing line for the World Series Final (you could show this clip)

## CAN WE START A CHAIN REACTION OR RIPPLE EFFECT OF KINDNESS IN OUR SCHOOL? (5-10 mins)

Ask what a ripple effect or chain reaction is.

- **Ripple effect definition:** The continuing and spreading results of an event or action.
- **Chain reaction definition:** A chemical reaction or other process in which the products themselves promote or spread the reaction.

Explain that we want to start a chain reaction of kindness. We ask each person in our school community: students and adults to do at least three kind things this week to help start this chain reaction.

### Display SLIDE 4

Give students a minute in pairs to discuss what kind things they could do and ask for some examples to help inspire other students.

Ask the students to share some of their ideas (you could ask some school staff to share their ideas too).

To provide an energetic ending, ask your children to do a Mexican wave to represent how you will be trying to start a chain reaction of kindness.

## TO END, SHARE:

- Anything else that the school is doing for Anti-Bullying Week 2021, for example, lesson plans fundraising activity, reviewing the school anti-bullying policy etc.
- How the children can report bullying and anything they might be worried about.
- You could use Slide 5 to show who students can speak to about Anti-Bullying Week and reporting bullying.

### EXTRA ACTIVITY

As an additional activity, you might want to organise a class or your anti-bullying ambassadors/peer supporters to present their inspirational kindness quotes, what kindness means to you, stories about kindness or examples from the media of kindness.



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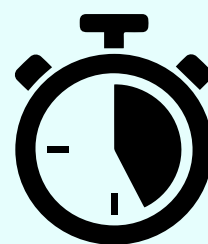
# LESSON PLAN

## AIMS



- To agree how we want to feel while we're at school.
- To explore the idea of kindness and how we can spread kindness throughout school life.
- To think about how you can support someone you see being bullied.
- To understand the school definition of bullying

## TIME

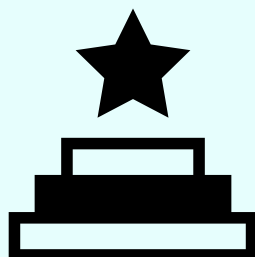


- 60 – 120 min

This could be one or two lessons depending on the length of activities undertaken.

## OUTCOMES

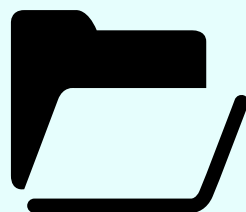
By the end of the lesson, students will:






- Know what bullying is
- Understand the school ethos about how we treat each other.
- Understand how they can safely support children if they are being bullied.

## RESOURCES AND PREPARATION (Click the links to download the files)

You can adapt this lesson plan to meet the needs of your classrooms. You may want to spread these activities over 2-3 lessons or complete all activities in one go.



-  [Primary School Lesson Plan PowerPoint](#)
-  [Anti-Bullying Week 2021: Primary School Film \(2 minutes\) – please watch this film prior to showing it to students](#)
- [Have your anti-bullying policy to hand and your shared definition of bullying or the ABA definition](#)
-  [Handout 1](#)

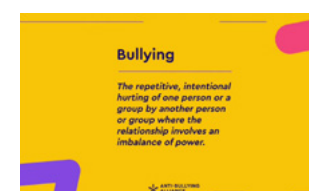
## WHAT IS BULLYING? (10 mins)

### Display SLIDE 2

Introduce Anti-Bullying Week and what your school definition of bullying is. You could use the Anti-Bullying Alliance definition on **Slide 2**:



Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.



You could show this **video** with the Anti-Bullying Alliance definition of bullying as well



### Display SLIDE 3

Ask them to think of **all the words that bullying can make a person feel**. You could write them on a board or just ask them to shout out the word. Tell students that these feelings are not what we want you to feel while you're at school and it's important we all work to make sure no one feels like this.

Tell students that this year's Anti-Bullying Week has the theme '**One Kind Word**'

## HOW DO WE WANT TO FEEL AT SCHOOL? (30-60 mins)

### Give each pupil Lesson Plan: **HANDOUT 1**

Ask them to write down five times someone showed them kindness. If people are struggling to think of something you might want to give them some of the suggestions in the table below.

Ask them to think about how it made them feel and come up with one word for each of the times someone showed them kindness. Ideally it would be a different word for each time. If they are struggling to find words, there are some on the handout and they could instead put emojis or draw their emotions. It is a great opportunity to talk about the definition of some of these words.

## 5 TIMES SOMEONE SHOWED YOU KINDNESS

## HOW DID IT MAKE YOU FEEL?

**1.** My Dad took me to my friend's party on Saturday

Happy

**2.** Ava asked me if I was ok when I fell over

Thankful

**3.** Grandma came and watched me play football even though it was raining

Joyful

**4.** I was on my own in the playground and Tariq asked me to join in with his game

Included

**5.** I told myself that I could do it when I kept getting the time wrong on the clock

Proud

**Create a display of your words:** You could ask students to create artwork for each of their words and display them in the classroom or even as a whole-school on a big display. Or if you wanted to create a virtual display board for your website.

Once you have all your words on display, ask if we can agree that we will try to make each other feel like this where possible.



**PLEASE SHARE YOUR KINDNESS DISPLAYS WITH US ON SOCIAL MEDIA.**

## KEY KINDNESS QUESTIONS (15 mins)

### Display SLIDE 4



**Show the Anti-Bullying Week video**



If this is the first time they have seen the film, ask them what they think the key messages are and how it makes them feel.

### Display SLIDE 5

Ask children to do some silent thinking about the **5 Key Kindness Questions:**

**1.** Am I kind to myself?

**2.** Am I kind to others?

**3.** Are people kind to me?

**4.** Do I understand when people are kind to me?

**5.** Do I help people who are being bullied?

Ask if anyone wants to say anything about the kindness questions. These are important questions that we should always ask ourselves. You could display these questions as a poster and put them on your wall for the week or even longer.

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HOW CAN WE HELP WHEN SOMEONE IS BEING BULLIED? (20 mins)

Say that sometimes it’s hard to know what to do when you see someone being unkind or when we see someone being bullied. In this final part of the lesson, we’re going to explore how we might be able to help someone who is being bullied.

For this activity, you can either go through each scenario as a whole group (Display SLIDES 6 – 9) or put students in smaller groups to think about each scenario (print and hand out SLIDES 6 – 9). Depending on time you could ask them to look at each scenario or just one per group. Ask them to present their ideas back to you.

Please review these scenarios before sharing them: Consider things like how age-appropriate they are for your classroom or if the names are the same as students in your classroom. You may want to consider tweaking them in the handouts/PowerPoint.

SCENARIO	WHAT COULD YOU DO TO SPREAD KINDNESS AND STOP BULLYING?
1. You see Tomas sending Molly unkind messages on Roblox	<ul style="list-style-type: none"><li>• Speak to an adult you trust</li><li>• Send a DM asking Tomas to stop being unkind to Molly</li><li>• Ask Molly if she’s ok</li><li>• Show your parent</li><li>• Stop playing the game</li></ul>
2. Mohammed is looking sad after Grace called him names for forgetting his costume for ‘Tudors Day’	<ul style="list-style-type: none"><li>• Speak to an adult you trust</li><li>• Go and ask Mohammed if he’s ok</li><li>• Say to Mohammed that it wasn’t nice that Grace said that to him</li></ul>
3. Henry is getting pushed by other children when they’re standing in line	<ul style="list-style-type: none"><li>• Speak to an adult you trust</li><li>• Chance to remind children not to put themselves at risk</li></ul>
4. At choir your friend tells you they don’t like Mya because they don’t like her singing voice	<ul style="list-style-type: none"><li>• Speak to an adult you trust</li><li>• Say to your friend you don’t think that’s a nice thing to say about Mya</li><li>• Tell her that if Mya hears that, she might be upset</li></ul>

TO CLOSE (5 mins)

Remind students about:

- the kindness display and explain the importance of us working together to treat all people with kindness and respect.
- how we all experience uncomfortable feelings at times and that this is OK but that it is important that these uncomfortable feelings aren’t affecting our behaviour in a way which hurts others or ourselves.
- how we can help ourselves if we are being bullied - the role self-respect, self-worth, positive affirmations play as well as speaking out and asking for help.
- that if you are being bullied/ are bullied - it is never your fault and highlight that bullying behaviours are never OK, that we all have a responsibility to treat others with kindness and respect.
- how kindness helps the giver and receiver to feel good on the inside.
- the importance of speaking to a trusted adult if bullying is experienced or witnessed and how this can be done, including a reminder of the school’s Anti-Bullying Policy.



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## CROSS CURRICULAR ACTIVITIES

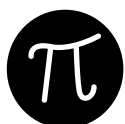
The cross curricular ideas take the theme further and help you weave Anti-Bullying Week throughout the curriculum.

### ENGLISH



- Read stories about kindness and bullying. Puffin books have written us a helpful booklist to give you [some ideas](#).
- Explore the definition of 'kindness' from the Cambridge Dictionary: generous, helpful, and thinking about other people's feelings.
- Ask students to write an acrostic poem using 'One Kind Word'

### MATHS



Conduct a survey of students about how kind they feel your school is. Ask them to write 2-3 questions about kindness and bullying in your school. Survey other students and ask them to analyse the answers and present them back.

### SCIENCE



Explore the concept of 'cause and effect' and chain reactions by thinking about dominoes falling and the reaction that happens once one domino falls. Then ask about the 'cause and effect' of bullying which spreads unhelpful thoughts and feelings and then reiterate the message of One Kind Word by showing that we can start a chain reaction of kindness.

### MUSIC



Look at the structure of an orchestra and how the different groups of instruments both complement those within their group and others across it. Explore the different sounds of each family of instruments. Show video of orchestral music building as instruments are added. If the school has boom whackers or a range of percussion instruments choose a simple piece of music to get all the children to play together ensuring they understand everyone has an important role to play.

### ART



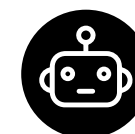
Investigate what types of colour you can create with the three primary colours (red, yellow and blue). KS1 could investigate with using different amounts of colours to create other colours. KS2 could create their own colour wheel. Ask children to draw a picture of their desert island. What would they take with them? Who would be there? Then compare their drawings to show how different everyone's island is

### HISTORY



- Martin Luther King – share the details of his life and the civil rights movement. Discuss how during the civil rights movement he promoted non-violent resistance and how he showed others respect and kindness even though they hurt and disrespected him.
- Discuss Michelle Obama's statement 'When they go low, we go high'. What did she mean by this?

### DESIGN & TECHNOLOGY



Design an Anti-Bullying Superhero!

**Plan:** Create a plan for your hero, including the following:

- Hero name
- Costume colour
- Logo or symbol
- Their powers and how they got them
- Who they protect or stand up for and why

**Design:** Draw the costume and label each part

**Assess:** Share Superhero ideas with the class and assess what has been done well and how the design could be supercharged even more! You will end up with your own Anti-Bullying Superhero Squad!



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## SCIENCE/LIVING THINGS/COMPUTING



If your school has access to iPads or computers, they could research creatures from the animal kingdom that work together to survive.

### Examples:

- **Penguins** – A large group of penguins is called a 'rookery'. They hunt, swim and nest together in the same place. Penguins huddle together in the cold to keep each other warm and rotate so that every penguin gets a chance to be in the middle, which is the warmest part of the huddle!
- **Meerkats** – they work together in numbers. A few will typically serve as lookouts, watching the skies for birds of prey, such as hawks and eagles, that can snatch them from the ground. A sharp, shrill call is the signal for all to take cover. Students could create a short presentation on their chosen animal and share with the class.



## Join this specially designed Live Lesson to mark Anti-Bullying Week 2021!

We're working with BBC Teach to create a half hour interactive programme for primary schools, highlighting some of the issues around bullying.

### Curriculum links

KS2 / 2nd Level Relationships Education, Relationships and Sex Education (RSE)/ Health Education/ Personal Development and Mutual Understanding/ Health and Wellbeing for 7-11 year-olds.

### How to get involved

Watch on Monday, 15 November at 11am at the link below or watch on CBBC's Bitesize Learning Zone.

<https://www.bbc.co.uk/teach/live-lessons/anti-bullying-week-live-lesson/z2y6xbk>



Let BBC Teach know you'll be joining with your class or school by emailing [live.lessons@bbc.co.uk](mailto:live.lessons@bbc.co.uk) with the words ANTI-BULLYING WEEK in the subject heading, for the chance of a shout-out for your class or school on the BBC Teach live commentary page. They'll include as many as they can on the day.



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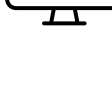
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## OTHER THINGS YOU CAN DO FOR ANTI-BULLYING WEEK 2021

1. On Monday of Anti-Bullying Week we hold [Odd Socks Day](#) where we ask schools and organisations to wear odd socks to school to celebrate what makes us all unique.
2. Become a [United Against Bullying School](#): Embark on your school anti-bullying journey and sign up to our new free whole-school programme for schools.
3. [Sign up to be a supporter of Anti-Bullying Week online](#) where you can download a certificate for your school to display.
4. Display the [Anti-Bullying Week Poster](#) up around school.
5. You can purchase a range of amazing [Anti-Bullying Week merchandise](#) including wristbands and stickers from our online shop.
6. You can share our [Anti-Bullying Week Pack for parents and carers](#) developed with Kidscape among parents and carers in your school.
7. We have [free CPD anti-bullying online training](#) available for all school staff on our website. It covers a range of topics including bullying and the law, what is bullying cyberbullying and many others. 1,000s have accessed it so do not delay - complete today!
8. Anti-Bullying Week is not government funded so we need to raise funds to run it each year. If you are able to [fundraise for us or any of our member charities](#) during Anti-Bullying Week we are immensely grateful. You could do a sponsored race or hold a non-uniform day or a bake sale. You can find more ways to fundraise for us in Anti-Bullying Week here.
9. [Review your anti-bullying policy](#) as a school. We have some handy tips to help with developing your anti-bullying policy. Anti-Bullying Week is a great opportunity to review you policy as a school.
10. Please **share your activity with us on social media**. Use the hashtag [#AntiBullyingWeek](#) and [#OneKindWord](#). We love to see what you're doing. Share with us your videos, artwork and messages.



Twinkl have developed some **FREE** easy to use Anti-Bully Week [resources](#).

## VOTESFORSCHOOLS

For this year's Anti-Bullying Week, [VotesforSchools](#) will be posing a question around the language of kindness and the impact that language can have.

For a **FREE** set of resources and a chance to join the debate, [CLICK HERE](#) stating your interest in Primary, Secondary or College. Then, check back on our social media to see the results!



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Anti-Bullying Week is coordinated by the **Anti-Bullying Alliance (ABA) in England**. We are a unique coalition of organisations and individuals, working together to achieve our vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn. We welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



**The ABA has three main areas of work:**

1. Supporting learning and sharing best practice through membership
2. Raising awareness of bullying through Anti-Bullying Week and other coordinated, shared campaigns
3. Delivering programme work at a national and local level to help stop bullying and bring lasting change to children's lives

ABA is based at leading children's charity the National Children's Bureau.

**We'd like to extend our thanks to the follow:**

- All the young people involved in developing the theme this year and the school films. Particularly those young people from Somerville Primary School in Birmingham and Blaengwrach Primary School in Cwmgwrach.
- Unique Voice CIC, who developed the films for Anti-Bullying Week 2021, and all of the young people who participated. Unique Voice work in schools and the community with children, developing social and emotional skills through creative arts.



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Please share your One Kind Word activity with us online!



@abaonline



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