

Anti-Bullying
Week 2021

**SECONDARY
SCHOOL PACK
LESSON PLAN
HANDOUT 1**

**ONE
KIND
WORD**

5 KINDNESS QUESTIONS

QUESTION

SPACE FOR YOUR THOUGHTS

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?