

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?