

This month's wellbeing edition is on
'Anti Bullying Week and Kindness'



Top Tips

1. Tell an Adult: Always report bullying to a teacher or parent.
2. Include Others: Invite classmates to join in activities.
3. Stand Up: Support those who are being bullied.
4. Use Words Wisely: Speak kindly and avoid hurtful language.
5. Stay Calm: If you're bullied, stay calm and seek help.

Be a Friend: Stand Against Bullying

Sometimes it's hard to know what bullying is. According to the Anti-Bully Alliance, bullying is the repetitive, intentional hurting of one person or group by another person or group. Bullying can be physical, verbal or psychological. It can happen face-to-face or online. Everyone deserves to feel safe and happy at school. If you see someone being bullied, be brave and tell an adult. Remember, kindness is always the right choice.

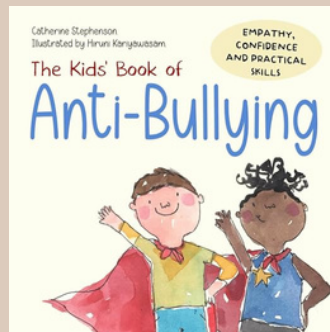
"Useful Website!" Click here!!!

8 Ways Parents Can Teach Kindness to Kids

Kids understand kindness at a very early age. In fact, babies as young as 8-12 months can demonstrate kindness by sharing their food and toys with others. Kindness is the trait of being selfless, generous, considerate and friendly; qualities that most parents like to foster in their children. And with good reason – acts of kindness impact the levels of certain neurotransmitters in our brains that affect happiness and attachment to others.



"Book of the month!" Click here



An Interactive Book to Help
Children Confidently Navigate
Bullying Situations

This engaging, interactive
(work)book is designed to support
children aged 6-10 in
understanding and dealing with
bullying in a healthy way.

"USEFUL ACTIVITY PACK OF MONTH!" CLICK HERE



Children's Kindness activity pack
This kindness pack includes
activities for KS2 and KS3
children around kindness, coping,
recognising feelings, and learning
new skills.



"No act of kindness, no matter how
small, is ever wasted." — Aesop

