

Being Kind to Others



#ANTIBULLYINGWEEK

Task 1

How can you show kindness to others? Write down your ideas.



Task 2

Small words or acts of kindness can come together to create a big impact.

Instructions

Print off a copy of the **Positive Words** handout and cut out each word (there are also some blank boxes for you to add your own kind words). Pass the words around your group or class and discuss the following questions, then write down your answers.

1. How do you think these positive words will make others feel?

2. What would it mean for someone who is being bullied to feel others' kindness?

The Anti-Bullying Alliance (ABA) coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website, as well as [CPD anti-bullying online training courses](#). Become a United Against Bullying School and enroll on ABA's free whole-school [anti-bullying programme](#) today.