

Personal reflection

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?

**The theme for
Anti-Bullying
Week 2021 is**

**ONE
KIND
WORD**

**15TH - 19TH
NOVEMBER
2021**

Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week in 2021

Our 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. >>

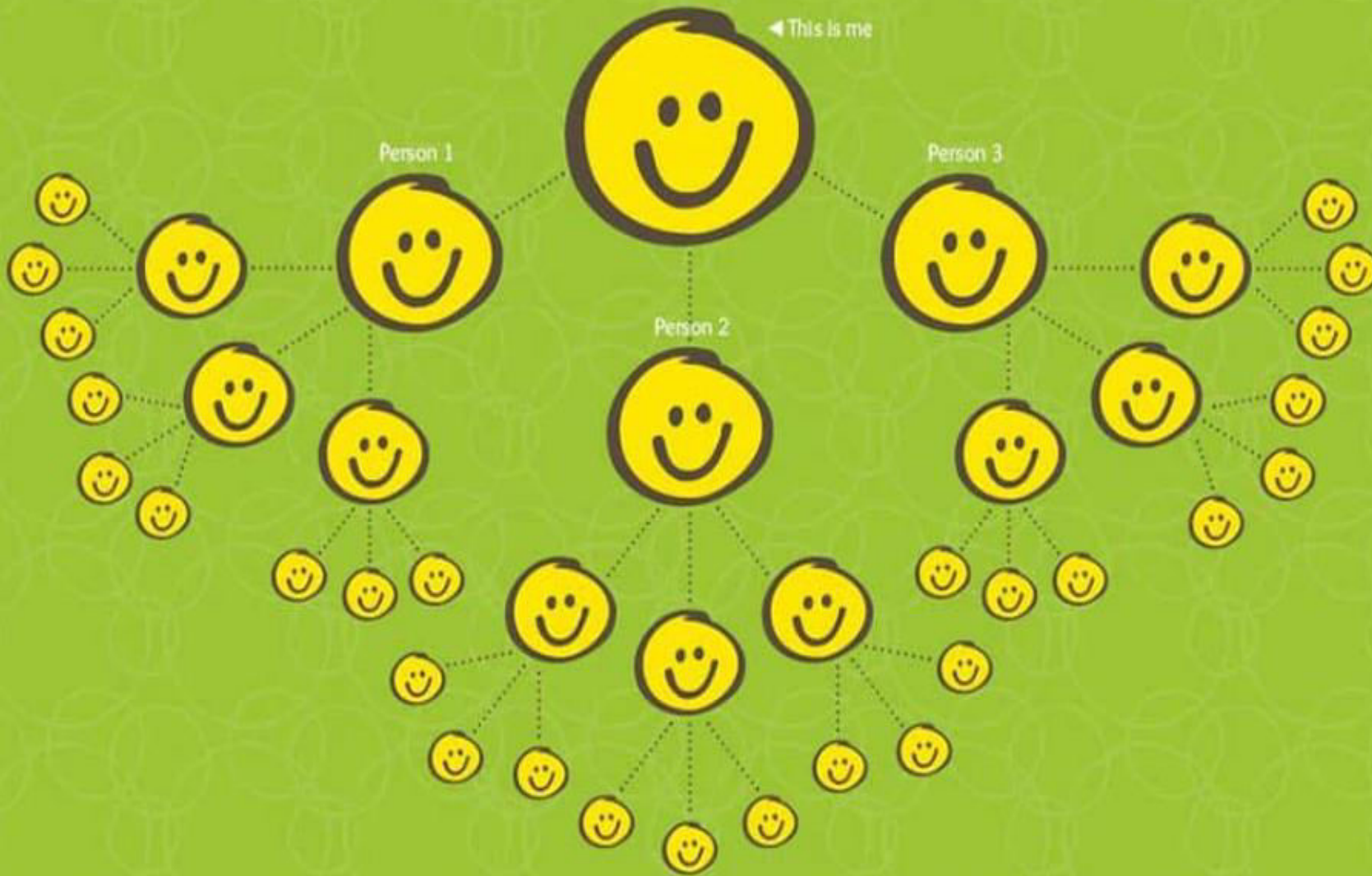
Kindness doesn't always mean agreeing with others.

1. Try not to get personal
2. Use non-accusatory language
3. Try not to put other people down
4. Stay calm
5. Try to understand and listen
6. Let people speak
7. Take a break and try to stay calm
8. Think about the good
9. Know when to agree to disagree
10. Remember that we don't have to agree to get on with each other. Disagreeing with someone is not an excuse to ever bully someone.

Kindness is known how to show respect to someone you don't agree with.

The Ripple Kindness Effect

If you do something kind for 3 people and they do something kind for 3 other people, this is how many people could be affected.



Now imagine how many people would be happy if you were kind to everyone every day!

People feel great when they receive an act of kindness, but did you know that the person giving it and even people who see a good deed feel good too?

Acts of kindness make a feel-good chemical called serotonin in our brain that helps us feel calm and happy!

Scientists have found that people can actually catch kindness! The more you give, the more it gets spread around to infect people with happiness.

It's very exciting to think that one act of kindness can ripple out to so many people! Can you imagine what would happen if everyone gave 3 acts of kindness every day!!!

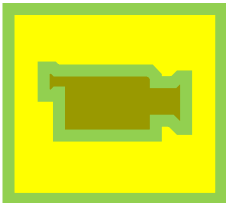
We challenge you to create your own Ripples of Kindness!

How? Easy!

Just do 3 kind things each day for different people.

Being kind doesn't have to cost anything. Being thoughtful and little acts that make someone's day brighter is all that is needed.

Thank someone at home	Tidy up without being asked	Volunteer to help
Hold the door for someone	Smile at others in school	Don't engage in gossip
Share resources	Make a thank you card	Treat people with respect
Don't leave people out	Listen when someone talks	Give a compliment
Use spaces responsibly	Ask if someone is okay	Pick up litter



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