

# #ChooseKindness resource

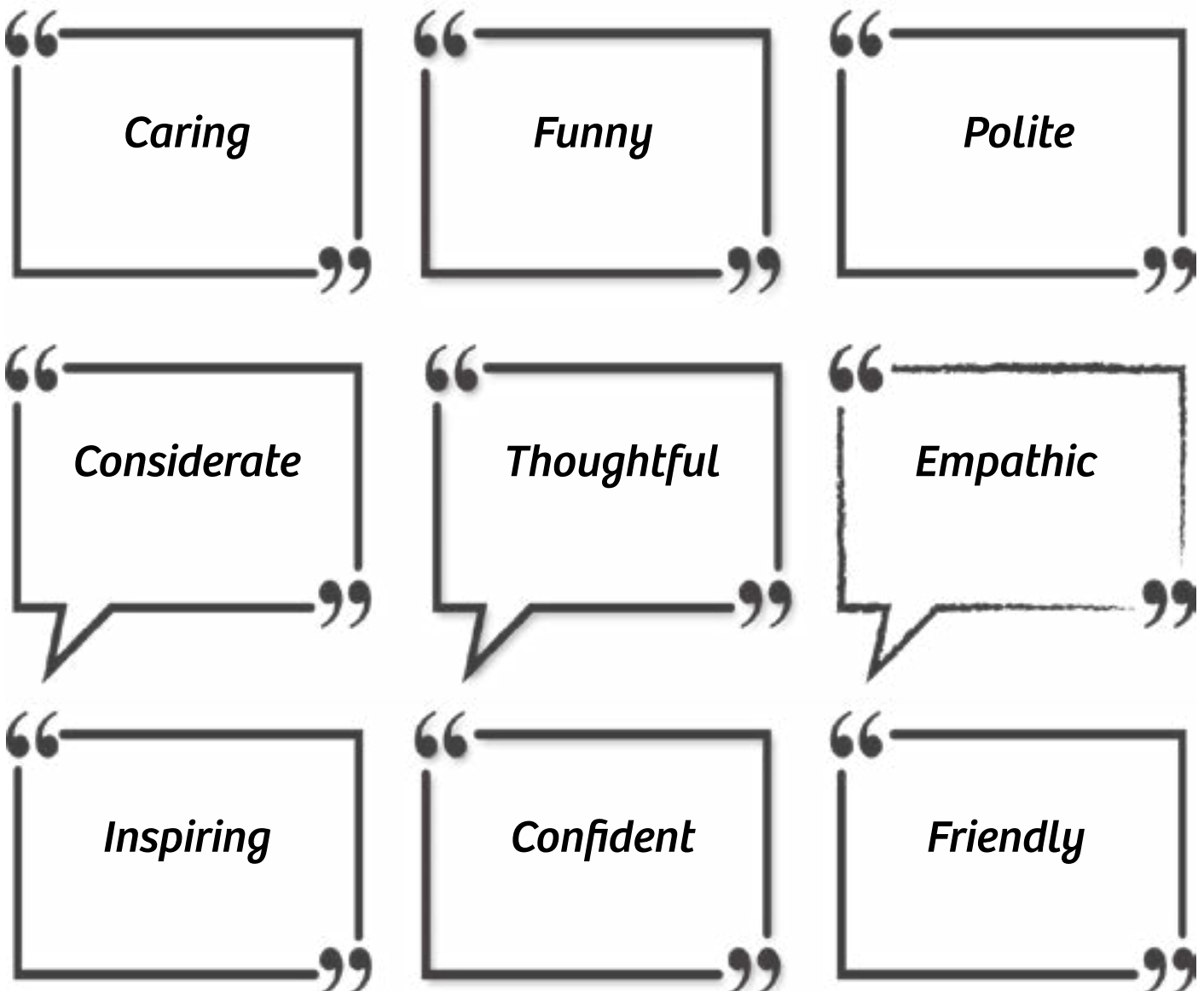
Bullying UK, part of Family Lives, is encouraging people to **#ChooseKindness** and help stand up to bullying. No-one ever knows the struggles people are going through inside and we believe that a simple act of kindness can help a person feel empowered to stand up to bullying.

## How to use

Print off these positive words and ask the students to take one or two each and pass them onto their fellow classmates. They may choose to make up their own positive words or affirmations so we have left some blank ones. Ensure that everyone receives one of these words. Use the experience as a point of classroom discussion, finding out how they felt, what it would mean for someone who is being bullied to feel other's kindness, etc. The words can also be displayed in the classroom as a reminder of choosing kindness.

## Connect with us

If you would like to share your experiences of using our resources, please connect with us via our Twitter or Facebook page **@BullyingUK** or by using **#stopbullying**. Visit **www.bullying.co.uk** for more resources and advice on bullying.



*Amazing*      *Creative*      *Respectful*

*Selfless*      *Generous*      *Good-hearted*

*Patient*      *Courteous*      *Understanding*

*Cheery*      *Kind*      *Approachable*

*Helpful*      *Gentle*      *Enchanting*

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