#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