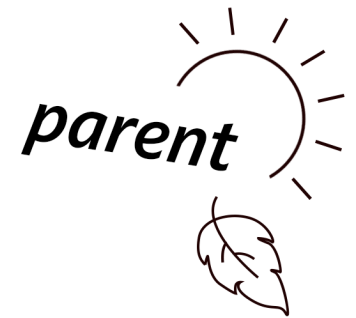
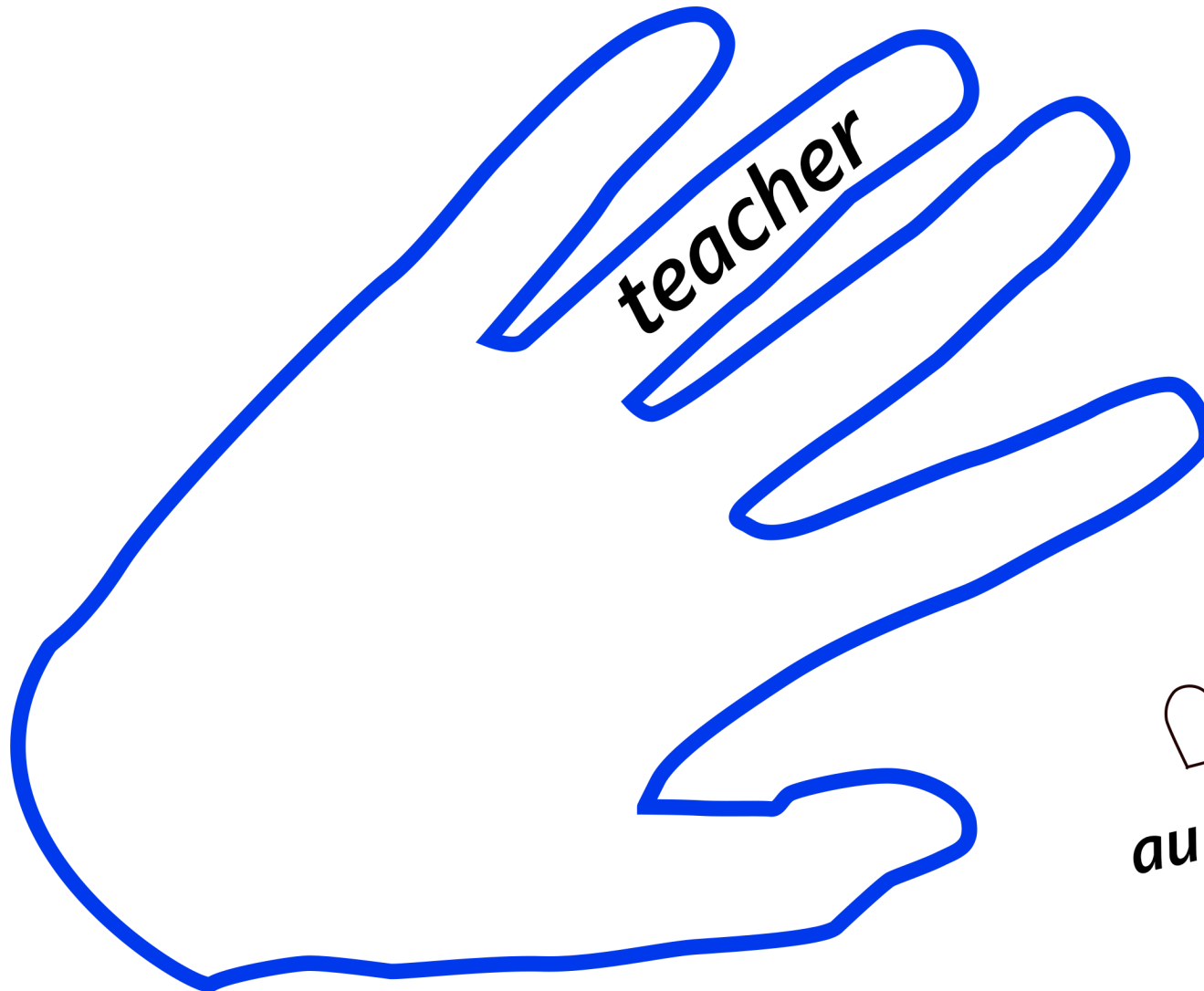
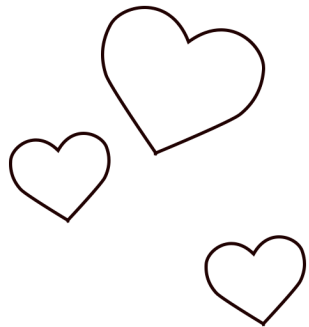


Activity 1: Who would you reach out to if you were facing bullying behaviour?
Add your thoughts to the hand below. We've included some helpful suggestions.



Activity 2: Write a response to the message below.

Thank you for listening
earlier. I still feel really
upset about everything
and I don't know what to
do. I really don't want to
go to school tomorrow :(

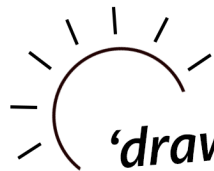


Activity 3: Write or draw three ways to be kind in the boxes below.
We've added some suggestions and doodles to get you started.

*'say hello to
someone new
at school'*



*'draw a sunny
picture for your family'*



1



*'make a friendship
poster for
your classroom'*



2

3