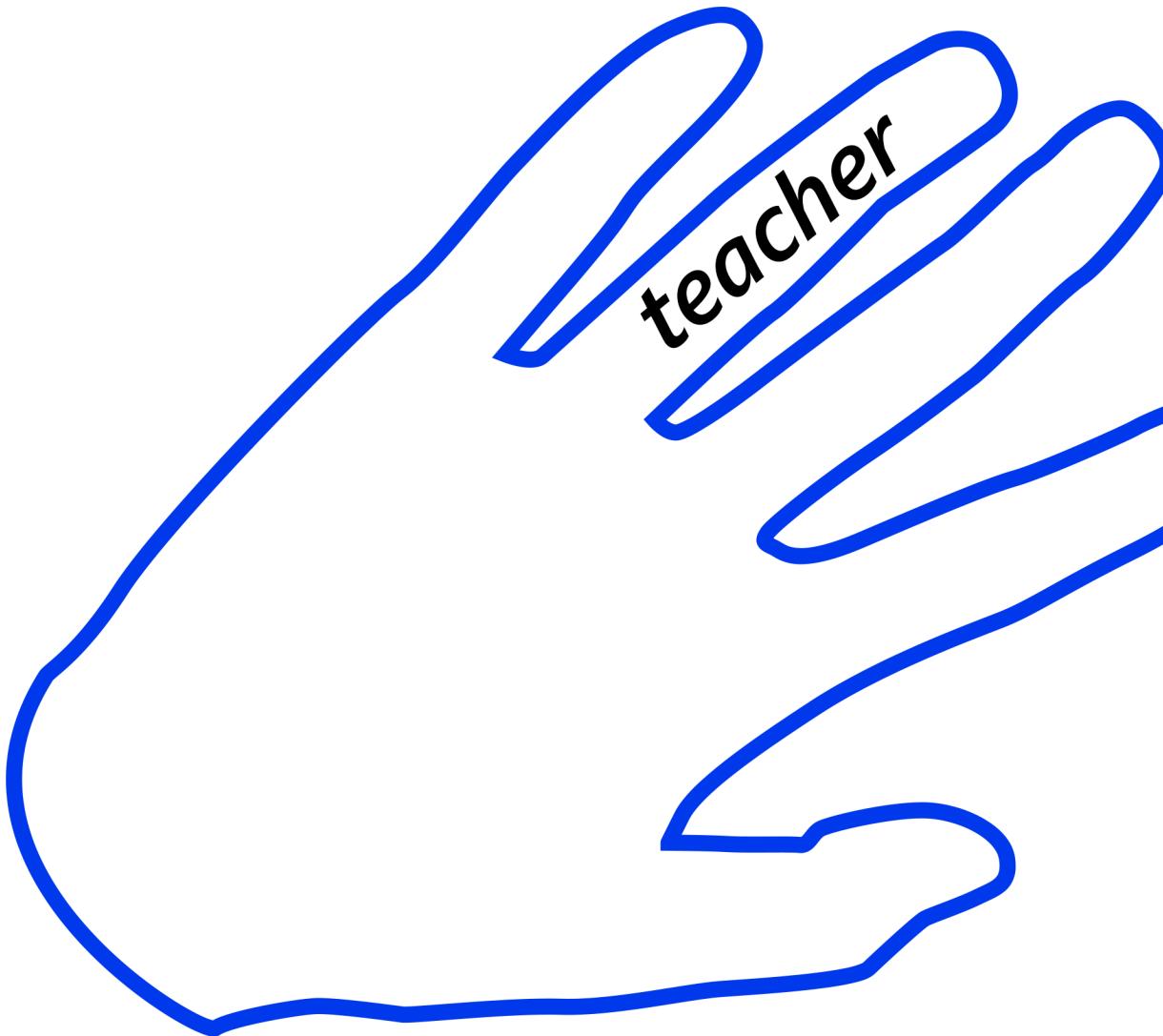
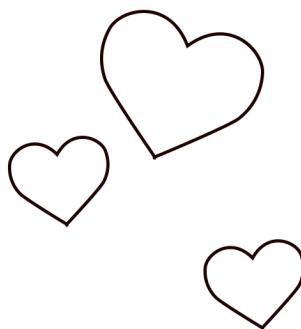


**Activity 1:** Who would you reach out to if you were facing bullying behaviour?  
Add your thoughts to the hand below. We've included some helpful suggestions.



**Activity 2:** Write a response to the message below.

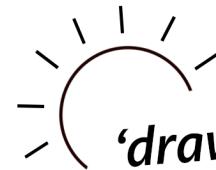
Thank you for listening earlier. I still feel really upset about everything and I don't know what to do. I really don't want to go to school tomorrow :(



### 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