

# Disclaimer



#ANTIBULLYINGWEEK

The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools:

- **CPD anti-bullying online training courses**
- Become a United Against Bullying School and enroll on ABA's free whole-school **anti-bullying programme** today

Sensitive and/or upsetting topics may emotionally impact your students due to past experiences. You should consider whether this content is appropriate and ensure adequate support is available for anyone affected.



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**ANTI-BULLYING  
ALLIANCE**

# Emotions Bingo



#ANTIBULLYINGWEEK

frightened	anxious	scared	nervous	annoyed
angry	upset	useless	powerful	threatened
lonely	unconfident	powerless	controlled	isolated
unsafe	unimportant	ignored	helpless	excluded



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