



Our Kindness Rocket



Anti-Bullying Week 2024
Heads Up Kids® in collaboration with PaJeS Wellbeing

PaJeS
Supporting Jewish Schools



This week is anti-bullying week and we are going to think about...

- ★ **What is bullying?**
- ★ **What kind actions we can do that will help stop bullying ?**
- ★ **What kind actions will help other people when we see bullying ?**
- ★ **How we can create a kindness blast off?**

What is bullying?

Bullying is **unkind**
behaviour.

It is being **mean**
on purpose

And it
happens **again**
and **again**

What is bullying?

Bullying is **intentional**



That means that the person or group doing it **means** to upset or hurt the person they are bullying

Types of Bullying



Physical

hitting, kicking, pushing or damaging someone else's things on purpose



Verbal

name calling, teasing, saying nasty or unkind things to someone



Emotional

Saying things that aren't true, playing unkind jokes or leaving people out.



Online

writing hurtful messages on a phone or computer

Who is involved in bullying?



'Bystander'

Someone who sees bullying happen



'Target'

Someone who experiences bullying



'Bullies'

A person or group that use bullying behaviour

How does the person who is bullied feel?

hurt

confused

ashamed

wants to run away

lonely

angry

upset

tearful



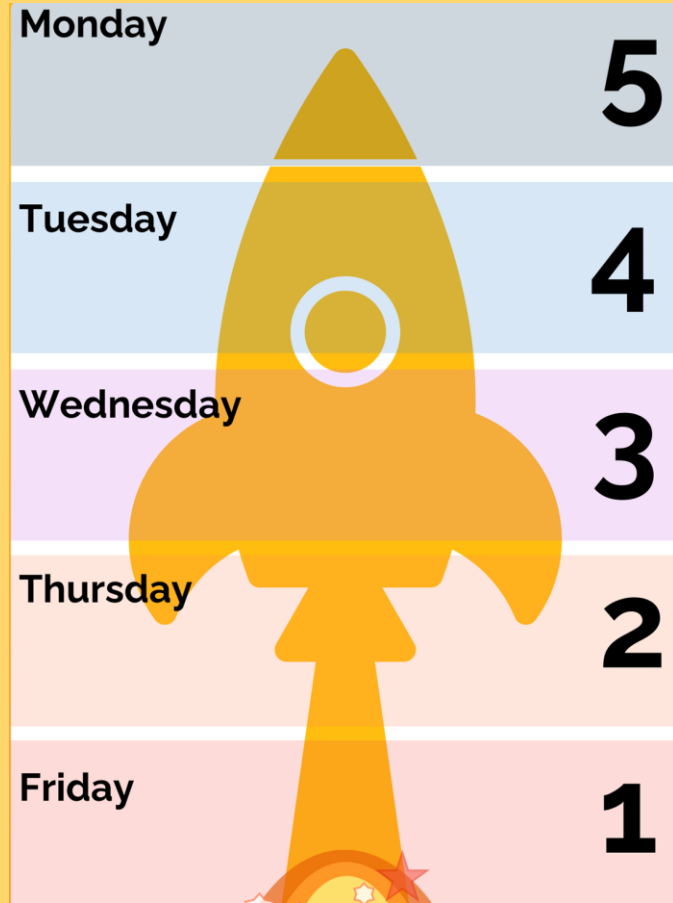
What are the kind actions that we can do ?

- ★ Ask someone if they need help
- ★ Ask someone if they want to join in
- ★ Say “no that's not nice”
- ★ Say “stop”
- ★ Tell a teacher or ask someone to come help
- ★ Give someone a hug or hold their hand
- ★ Take someone away from the situation and go play somewhere else



This week we are going to try launch our rocket

- ★ Every time we see a kind playground behaviour we are going to put a star on our rocket
- ★ Every time we stop an unkind playground behaviour we are going to put a star on our rocket
- ★ Everytime we help someone who has experienced unkind behavior we are going to put a star on our rocket
- ★ Can our rocket blast off by the end of the week?



After blast off (at the end of the week)

How do we feel?

- ★ What is it like when someone is kind?
- ★ What is like to be kind?



What did we notice?

- ★ Was anything different in our class?
- ★ How could we tell?

What can we keep doing to launch our rocket again and again?