



Our Kindness Battery



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

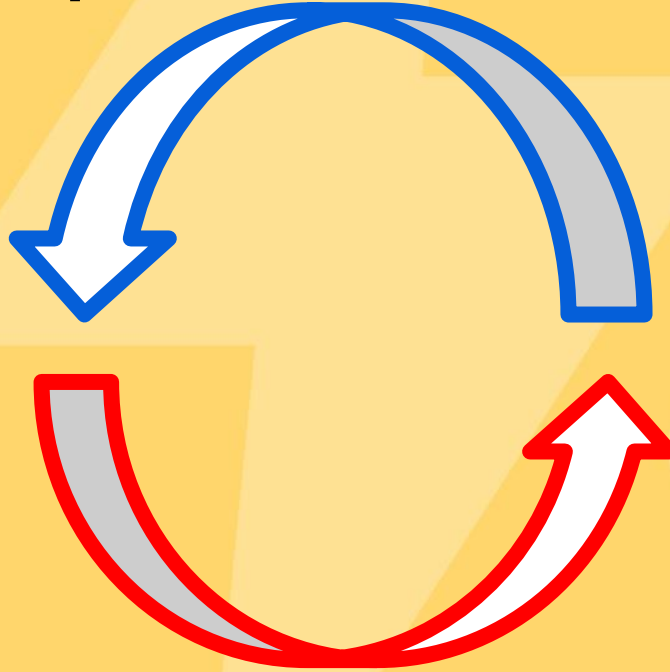
PaJeS
Supporting Jewish Schools

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 keep our kindness battery fully charged?

What is bullying?

Bullying is **repetitive**



That means it happens **again and again** and isn't a one-off

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, posts or comments on social media or messages

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 things we can do to stop bullying?

- 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 charge our kindness battery

- Every time we see a kind playground behaviour we are going to power our battery
- Every time we stop an unkind playground behaviour we are going to power our battery
- Everytime we help someone who has experienced unkind behavior we are going to power our battery

- Can we fully charge our kindness battery by the end of the week?



After a fully charged kindness battery

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?

How do we keep our kindness battery charged?

Top 3 kindness chargers



Speak up to be kind

Don't be afraid to say 'no', to say 'stop' or to say 'that's unkind' to bullying behaviour.



Be Supportive and kind

Offer help, include others and notice how others are feeling



Telling a trusted adult

Encouraging someone to tell an adult or going with someone to get help