

one kind word



safety
net



★ resource pack



We have created a Safety Net One Kind Word Resource Pack for you to use in your classroom during Anti-Bullying Week. We have used our four BRAVE themes to inspire each activity that we have included!

What is BRAVE? BRAVE is a responsive programme created during the pandemic for children, it stands for Building Resilience and Valuing Emotions. It has a responsive, nurturing focus, looking at coping with change, finding ways to self-regulate, finding hope in an uncertain time, and feeling connected to others.

- **Page 2: I am important and connected to others...** Take part in our Safety Net One Kind Word Challenge and be part of a chain of kindness!
- **Page 4: I believe in myself...** Create a whole class recipe for kindness using arts and crafts.
- **Page 5: I am thankful...** Shining a light on Playground Buddies - a role play activity.
- **Page 6: I can feel hopeful...** Create a whole class wall of kindness.
- **Page 8: Competition time!** Please enter our 'one kind word' calendar competition to be in with a chance of a goodie bag and being featured in our 2022 calendar!

★ **We would love to see your creations!** Please do email a photo of any work you create to: charlotte.whitehead@safety-net.org.uk

www.safety-net.org.uk [@safetynetbtn](https://twitter.com/safetynetbtn) [f safetynetbrighton](https://www.facebook.com/safetynetbrighton)

To find out more about BRAVE email: jen.tulloch@safety-net.org.uk

Safety Net, Manor Offices, Drove Road Portslade, BN41 2PA ★ Charity reg no.1108772

★ The Safety Net Kind Word Challenge



Welcome to the Safety Net Kind Word Challenge

1. Make sure you have a pen or pencil to write with.
2. Carefully cut out the Kind Word Challenge template on the next page or use the template to make your own with paper or card.
3. Once you've cut this out, write down a compliment on your tag which you think will make someone else happy.
4. On the other side of the tag, think about an act of kindness that the person reading it could do and write it down. This means your kindness will spread like a chain reaction.
5. Once you have finished your messages, add a hole to your tags with scissors (ask an adult to help you do this). You can thread some string through the hole and tie it anywhere you like. If you don't have string that's okay, you can also find a spot to hide it in. You could find somewhere in your classroom, playground or even on your walk home. You'll help make someone's day and spread the message of kindness.



We can all be connected by sharing our kindness with others.

★ The Safety Net Kind Word Challenge Template



Example:

Side 1: write a compliment

You make people smile
whenever you walk in
the room

Side 2: act
of kindness
for the next
person

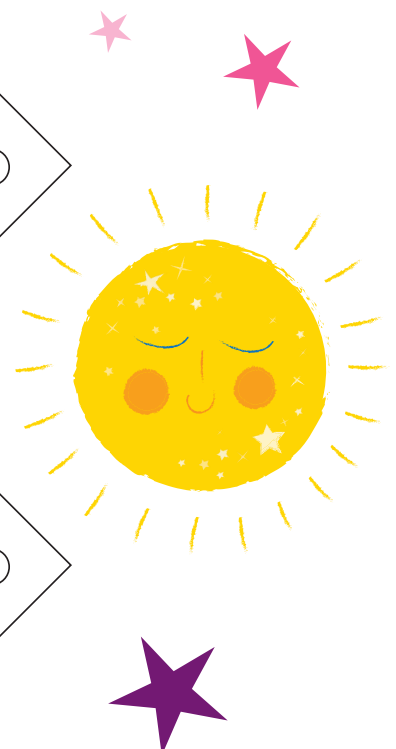
Make a cup of tea
or a hot chocolate
for someone



Cut these
templates
out....

Now you
can write
your own!

Two large empty arrow-shaped templates for writing compliments and acts of kindness.



★ recipe for kindness

HAVE A THINK ABOUT WHAT MAKES A KIND FRIEND
- AND HOW YOU CAN BE A KIND FRIEND TO OTHERS.

★ activity

As a class, you are going to create a recipe for kindness out of arts and crafts!

1. You will need a jam jar, colourful pens, paper, stickers, feathers, glitter and any other crafts you would like to use.
2. Think about what makes a kind friend, for example being helpful. These qualities will form the ingredients for your recipe of kindness.
3. Write down one of these ingredients on your piece of paper and decorate, you can be as creative as you like!
4. Now you can put all your ingredients into the jar.
5. Find somewhere in your classroom where you would like your kindness jar to live. You can continue to add ingredients over the year. Don't forget to take a look every so often to remind you what makes a kind friend.



Jar image copyright free from
pixabay.com/illustrations/mason-jar-jar-container-glass-jam-1255456/

HAS THERE BEEN A
TIME WHEN SOMEONE
CHEERED YOU UP?
HOW DID THAT
MAKE YOU FEEL?



.....

★ **Congratulations!** You have created your recipe for kindness. Now have a look at all the ingredients and share your thoughts on what makes a kind friend.

.....

★ Playground buddies activity

★ role play...

In small groups, act out the situations below and decide how you could respond. Let's put ourselves in the shoes of a **Playground Buddy**, how could you help other children?

1. A new student has started and is struggling to fit in and meet new friends, **what could you do?**
2. Someone you know is upset because another student has said something unkind, **what could you say?**
3. Someone has sent a message out that says mean and untrue things about someone in your class. **How could you help?**

At Safety Net, we use '**Stop, Think, Go**' to help us work out what to do in these tricky situations....

STOP!

How are you feeling?
How are the others feeling?

think...

What are your options?
How are you going to do it? Is it safe?
Do you need help?

Take action! What is the best option?
Tell a trusted adult or deal with it yourself. Make a choice which feels safe for you.

GO!

Thank you Playground Buddies! This activity shines a light on Playground Buddies who volunteer their time every week making sure our playgrounds are safe and happy for all children to be in.



"I became a Playground Buddy because I was bullied and a Playground Buddy helped look after me."

"A playground Buddy used to give me piggybacks and play games with me when I was younger."



"The Playground Buddies used to play games with us and look after me if I felt lonely."

Child images copyright free from pixabay.com/vectors/kids-drawing-scribble-lines-girl-3171905/

This method can help you to deal with situations in the playground or anywhere you might feel unsafe. You can use these steps in the role plays!

★ wall of kindness

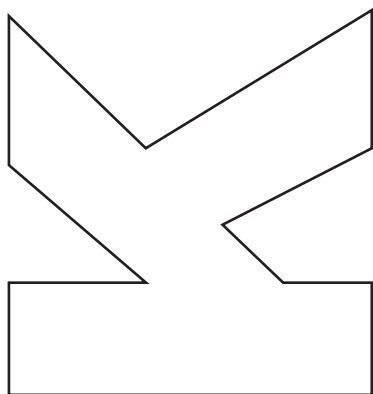
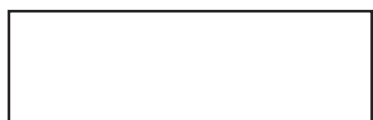
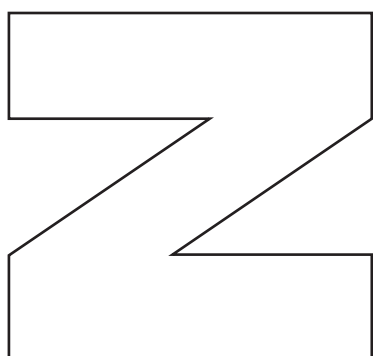
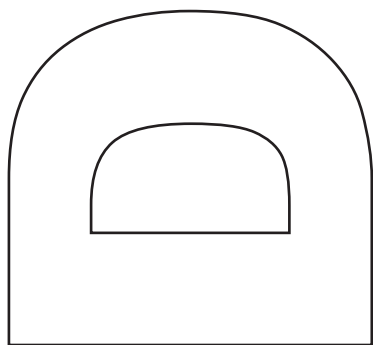
Acts of kindness can turn somebody's day around and make them smile ☺! Have you brightened someone's day? Share your moments with your classmates.

1. Today, you are going to make your very own wall of kindness using our kind word template.
2. Find some colourful pens, pencils and card.
3. Have a think about how you want to decorate it – is there an example of kindness that you want to draw on your word? For example, playing with a younger pupil, cheering up your friend or making a cup of tea for your elderly neighbour.
4. Have fun getting creative!
5. Once you have finished decorating your words, put them up on a wall... you have created your own wall of kindness.



Wood image copyright free from : pixabay.com/photos/wood-turquoise-blue-structure-1963988/

★ wall of kindness template



Deadline: 19th November 2021

Win a
Safety Net
goodie bag!

ENTER OUR 2022 calendar competition!

Each year, Safety Net creates a calendar which is sent out to all school pupils as well as community groups across Brighton & Hove.

The calendar is made up of pictures drawn by children centred around anti-bullying and this year's theme is **ONE KIND WORD!**

We want you to design a picture that represents "one kind word" - our **twelve favourites** will be **published in our calendar** and winners will **receive a goodie bag**.



Send your posters to us at **Safety Net, Manor Offices, C/O Emmaus, Drove Road, Portslade, Brighton, BN41 2PA** or email high resolution scans to **charlotte.whitehead@safety-net.org.uk** (must be good quality scans). Entries need to include the name of the child and email address of the parent or contact to go through. Deadline: 19/11/2021.