



## Change Starts With Us – Post Workshop Lesson Plan (KS2)

Re-cap with the children what they learnt and experienced in the Anti-Bullying workshop.

**Key points that were discussed in the workshop:**

**Definition of Bullying (from the Anti-Bullying Alliance)**

**“the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online”**

Bullying happens when the behaviour is

**S**everal  
**T**imes  
**O**n  
**P**urpose

**STOP**

If we are experiencing bullying, we can try a 2 step approach:

**STEP ONE – Stop it please, I don't like it.**

If the person continues to be unkind to us, we need to **speak to our teacher** or any other adult in our school, that can help us. This is **STEP TWO**.



### **Follow on work - Change Starts With Us | Self-Portrait**

Remind the children about the Change Starts With Us message – if we each make a small change to our behaviour with our friends, we can make a big difference.

With a talking partner, ask the children to share their ideas about what changes they could make with their friends and what differences they think they could create.

Write down a few of the children's ideas and have a brainstorming session.

Then ask the children to draw pictures of themselves. The title of the picture is 'Change Starts With Us.'

At the bottom of the picture, ask them to write the word that best describes the change they're going to make. For example:

Compassion

Sympathy

Inclusion

Courage

Make a display of the self portraits as a visual reminder of the key messages the children have learnt relating to the theme – Change Starts With Us.