



We're Better Without Bullying - Post Workshop Lesson Plan for KS2

Learning Objectives:

- For the children to reflect on what they learnt in the 'We're Better without bullying workshop.
- For the children to explore feelings around bullying and to understand the negative impact that bullying can have on others
- For the children to appreciate that it is possible to bounce back from bullying and achieve great things
- For the children to explore the qualities of friendship and to create art work for a display.

Introduction (5 minutes)

Start the lesson with a quick re-cap of the 'We're Better without Bullying' workshop. Ask the children about the activities that they did and what they learnt from the session. The key message of the workshop is that we are better without bullying. The children explored this in the following ways:

- The children identified what bullying is and how it can affect people that are being bullied.
- The children created drama role-play scenes in groups about the effects of verbal and social bullying.

First activity: Feelings associated with being bullied (5 minutes)

Ask the children to give you a list of words that describe the feelings of the characters in the drama role play scenes that were being bullied. Write this list down so that the children can see these words. They can also try to imagine how it would feel to be bullied and describe these feelings. Ask the children if the list of words is positive or negative. Explain that negative feelings can lead to people feeling unhappy and that are all individually responsible for our behaviour and how it affects other people.

Second Activity: Famous people who have been bullied and have bounced back. (10 minutes)

It is important to remember that whilst children who are bullied are at risk of emotional and behavioural problems, many young people can overcome the immediate and long-term effects of bullying, by bouncing back and achieving great things.

Listed below are a number of famous people who were bullied when they were growing up, but managed to overcome the effects of the bullying. Ask the children why they these people were bullied in the first place. You could then ask them to suggest how you could bounce back from being bullied. They have already explored possible solutions in the workshop and they may well have further ideas. They may also be able to identify personal qualities that all of the famous people have in common. For example they are all hard working, determined and strong people.



Emma Watson (actress) reportedly dropped out of Brown University due to bullying because her peers were jealous of her success in the Harry Potter movies.

Michael Phelps (Olympic Swimmer) was bullied as a child due to his appearance e.g. "sticky-out ears," and a lisp that caused him to be teased. A teacher even told Phelps' mother, "He's not gifted. Your son will never be able to focus on anything."

Kate Middleton says that when she was at school a group of girls used to call her names, steal her books and when she used to go to lunch she would sit down with people and they all used to get up and sit on another table.

Rihanna (singer) says that she was bullied because of the colour of her skin.

Main activity: Friendship qualities and Friendship hands. (30 minutes)

Ask the class what things (qualities) they like about their friends? Collect ideas on the board. These might include:

- being kind
- caring
- trusting
- friendly

Ask each child to choose 3 things (qualities) that they think are important to them. Can they list 3 things (qualities) that they think make them a good friend?

Ask the children to trace around their hand, or use the outline of a hand provided, ask them write their name in bold in the centre of their traced hand. Each hand gets passed around the class and each member of the class then neatly writes one complimentary word about the person inside the hand until it is full.

Extension:

Cut out the hands and display them in your classroom or make a border around your classroom door. You can also use each hand as prompt for discussion during circle time and golden time. For example, do the children agree with what was said about them? Are they able to show these qualities all the time? What prevents us from displaying these qualities and how can we help each other to be a good friend?

Review: (5 minutes)

Ask a few children to read out the words that have been written on their hand and to say how they feel about the kinds words that other people have said about them. Ask the children to be aware of the times when someone is a good friend and to praise and thank that person when that happens.

