

## Anti-Bullying Week 2021: One Kind Word



This week has been anti-bullying week. We began the week with 'Odd Socks Day' to celebrate uniqueness and diversity. During our whole-school worship on Monday afternoon, we explored the theme of the week, 'One Kind Word'. We discussed how important it is that we use kind actions and words and looked at examples of these. The children gave examples of when other people had shown kindness towards them and how they could pass this on to create a 'ripple effect' of kindness.

Throughout the rest of the week, each class has taken part of a range of anti-bullying activities that promote using kind words and have made us think about how our actions and words can affect others. The children have also been encouraged to use these kind words, which are now displayed on our 'Kind Words' display in the hall.

Our call to action:

- Ask if someone's OK. Say you're sorry. Just say hey.
- In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying.
- Best of all, one kind word leads to another. Kindness fuels kindness. So, from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity.
  - It starts with one kind word. It starts today.

### A Prayer for Kindness

Dear Lord,  
Forgive us for the times we have upset our friends,  
Help us to care for and respect others,  
Raise our voices and lift up our kind words,  
To start the chain of kindness.  
Amen

