

**POWER
FOR
GOOD**

#ANTIBULLYINGWEEK

**FREE ACTIVITIES FOR
KS1 - KS2 - KS3**

Welcome

As proud members of the National Anti-Bullying Alliance we are delighted to be working together to tackle bullying. The contents of the document has been provided to give each key stage some creative examples on how to address bullying this year in your setting using the theme 'Power for Good', alongside information on where to seek guidance around policy and procedure.

Our Philosophy

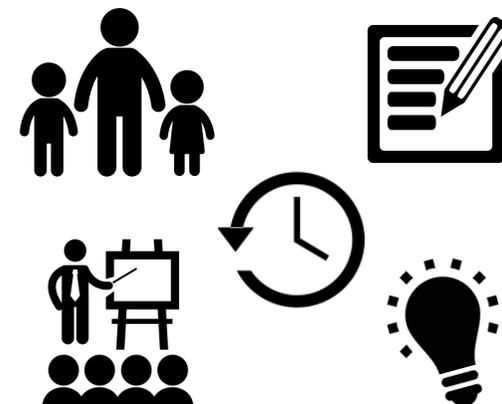
Our fundamental principle is that the child is paramount.

Triple R has been designed through our extensive knowledge in anti-bullying and collaborative working with schools and authorities. The content is devised by listening and responding to the changing needs that young people are experiencing in bullying. Through focus groups, we are able to pinpoint what issues to cover within the programmes and the best approach in tackling them.

We proudly work with teachers to co-design the best methods and approaches to teaching their students. Teachers often quote our programme as the 'launch pad' needed to help frame an issue.



Krystal Keeley
Head of Education
Unique Voice CIC



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KS1 LESSON PLAN



Circle time - "Let's use our power for good today!"

This circle time discussion allows the class to understand this years anti-bullying theme by exploring the positive impact their own behaviour can have on others.

Sit the class in a circle and introduce this years theme for anti-bullying week 'Power for good'. Discuss with the children what this might mean, by asking questions and taking their suggestions, then summarising this for the class. Then invite the class to think of ideas of how they can use their own 'power for good' everyday through small acts of kindness. Go around the circle giving each child a chance to speak and tell the class what they are going to do today to put this into action e.g. inviting a friend to play with them at break or helping someone with their work. At the end of the school day bring the children together to find out who used their power for good by being kind to their friends.

Why not take photos of the class using their 'power for good' and make a display showing their acts of kindness for the classroom?



Literacy activity - Power potion of friendship

This literacy activity asks the children to think about the different qualities that make a good friend.

Give each child a copy of the 'Power of Friendship Potion' worksheet [Appendix 1]. Explain that each of them are going to come up with their own friendship potion and the ingredients are going to be all the qualities they think are important to be a good friend (You may want to take suggestions from the class at this point and have a discussion about this). Then ask the children to fill in the worksheet by writing down their ingredients. Such as;

- Kind
- Friendly
- Trustworthy
- Honest
- Good listener
- Helpful

Once the children have completed their worksheet ask some individuals to share what they have written with the class.

Why not invite the children to role play different scenarios showing these friendship qualities in action?



Drama game - Feelings call & response

This is a fun and practical drama game that is accessible to all ages and abilities, it gives the children the opportunity to gain insight into the association between actions and feelings and allowing them to recognise different emotions in others.

Sit the class in a circle and ask the children to give suggestions of a time when someone has been kind or friendly towards them, such as sharing their toys or even as simple as smiling. Then ask the class how this made them feel e.g. happy. Then do the same thinking of a time when someone was unkind, such as "Not letting me join in a game made me feel sad".

Then ask the children to find a space in the room and explain that we are going to act out some of the feelings we just discussed. Choose about 8 of the feelings the class mentioned in the previous discussion and teach them an action to go with it. For example,

"Happy" - Skip around the room with a smile on their face
"Confident" - Throw their arms in the air and shout out "Hello everyone"
"Sad" - Sit on the floor and hug their knees into their chest
"Angry" - Walk around the room stamping their feet with their arms crossed.

Then call out the feelings and together the class have to respond accordingly.

After the game discuss with the class which feelings they like to feel/ which they don't and explain that in order for everyone to feel these nice feelings it is important we show each other nice, kind, friendly behaviour. As well as discussing what we should do if we see someone feeling the negative feelings and what we would do if we saw someone showing unkind behaviour.

Why not ask the children to draw a picture of one of the kind or friendly behaviours they discussed, to reinforce their understanding and use their art skills?



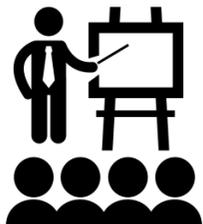
KS2 ASSEMBLY PLAN

Assembly aim: For the students to understand the different qualities associated with power, to highlight examples of people through history that have used their 'power for good' and explore how this can be applied to the students actions and behaviour.

1. Explain that this years theme for anti-bullying week is 'power for good' and by taking suggestions from the students summaries what this could mean.

2. Explain to the students that through history we have seen many examples of people who have done exactly this and through their actions helped many other people for years to come, as well as setting a fantastic example for us today. You could use the examples given, or perhaps some key figures that connect to your school topic work.

Conclude this section of the assembly by highlighting that all three of these people were extremely different and performed very different acts, but all three in their own way have used their 'power for good'.



Why not create a power point presentation to show the students an image of the people you are highlighting, which will also make the assembly more accessible and engaging, particularly for visual learners?

3. Start a discussion by asking the children if they think it would have been easy for these key figures to do what they did? Probably not, in that case, why did they do it? E.g. To help others

4. Continue this discussion further by asking for the students to suggest personal qualities these people used to have the positive impact they did. E.g. Brave, kind, resilient.

5. With Anti-bullying theme in mind, ask the students to think of some ideas for how they could use their own 'power for good' in their own lives and to share them with one another. E.g. Reporting bullying so it stops or asking a friend to play who is by themselves at break. Discuss why this will help the school community E.g. It will be a happy and friendly environment to be a part of.

6. Conclude the assembly by asking the students to close their eyes and think in their minds of a small act of kindness they are going to try to do at school today to use their 'power for good'.



EXAMPLES

Dr Thomas Barnardo - Barnardo's founder Thomas Barnardo was a pioneer. When Thomas John Barnardo was born in Dublin in 1845 no one could have predicted that he would become one of the most famous men in Victorian Britain. But by the time he was 25 he had started a charity which would become a household name and transform the lives of thousands of children. He believed in helping the most vulnerable children and that no child should be turned away. This vision is something that Barnardo's still carries today. (www.barnardos.org.uk)

Rosa Parks - Growing up in Alabama, Rosa struggled to understand why black and white people were treated differently. One day Rosa refused to give up her seat on the bus to a white person just because she was black. This small act changed American society forever. It changed the rules of American society, and led towards equality and justice for everyone, whatever the colour of their skin. (www.bbc.co.uk)

Winston Churchill - Winston Churchill was Britain's prime minister for most of World War II. He was famous for his speeches, and for his refusal to give in, even when things were going badly. People remember Churchill as a war leader. Churchill used radio to tell the world Britain was not beaten. His speeches helped keep up people's spirits. 'We shall never surrender' he told Parliament. Churchill led Britain through the Battle of Britain and the Blitz. He walked through towns damaged by bombs. He met pilots, sailors and soldiers. He visited factories. Everywhere he went he gave the 'V for Victory' sign. (www.bbc.co.uk)



KS3 TUTOR TIME ACTIVITY

“POWER FOR GOOD” CAMPAIGN 2016 – 2017

This is a great activity for students to perform in their tutor groups. It gives them an opportunity to collaborate with their peers, to strengthen relationships and share skills. Through their own interpretation of this years anti-bullying theme ‘power for good’, they will have the opportunity to explore its meaning further and apply their understanding throughout the school.

1. In tutor time, introduce this years anti-bullying theme ‘power for good’ to the class. Encourage discussion by asking the students, what this means to them.

2. Create a mind map on the white board to explore ideas of how this could be present in school through our actions and behaviour, asking the students to think of suggestions for specific examples of things they could do to use their ‘power for good’.

3. Explain to the students that we are going to be campaigning against the other tutor groups around the subject ‘power for good’. They are to form a campaign party and as a class they must come up with a slogan, message, speech, advertising etc. Which will be presented in assembly.

Why not split the students into small groups to best suit their skills set. For example, students who enjoy art could create posters and students who are confident public speakers could write and perform a speech.

4. In assembly invite a representative from each tutor group party to speak to the rest of the year about their campaign, hold a debate or a Q & A. At the end of the assembly the head of year chooses who is the winning party by using their ‘power for good’ in a positive way.



EXAMPLE CAMPAIGN ROLES

Campaign Manager - This person oversees all aspects of the campaign, from the practical to the creative. They must be a good leader, work well with others and have great organisation skills.

Communications Director - This person is in charge of all the campaigns interactions with the media and the public. Organising aspects such as interviews, informative literature, speeches and websites. They must be a skilled in writing, understand the needs of others and good at problem solving.

Policy Director - This person is in charge of clarifying the policy of the campaign and what the group stands for. They must be focused, be good at listening to others and be able to summarise the beliefs of the whole group.

Vote Contact - This person must be a people person and very good at communicating and motivating others. They are responsible for ensuring the campaign message successfully reaches the voters.

Researcher - This person collects data and researches subjects important to the campaign, then shares this information with others on the team.

Designer - This person is very creative and works on designing artistic elements needed for the campaign, such as posters and flyers.

Spokes person - This person is the face of the campaign and must represent all you stand for. They make speeches and answer questions from the public. They must be a confident speaker and be able to think quickly and when under pressure.





#ANTIBULLYINGWEEK

Anti-bullying week 2016 is set to launch across schools this November with the theme being 'Power for Good' with a mission to:

*To support children and young people to use their **Power for Good** - by understanding the ways in which they are powerful and encouraging individual and collective action to stop bullying and create the best world possible.*



What are we doing?

Here at Unique Voice, we are privileged to be working with hundreds of schools to help spread important messages related to bullying and sharing our expertise on how creative approaches can make big differences. Our approach to bullying works in line with OFSTED and Keeping Safe in Education Requirements.

To help schools prepare, our new website page helps you plan memorable and effective PSHE support for the young people you work with;



Explore

Take a look at our guidance and support for new anti-bullying approaches and issues for the academic year.



Educate

Read about our programme 'Triple R' which is available to visit your school to enhance key messages related to bullying, E-Safety and mental health.



Empower

Download free resources, lesson plans and inspiration for your school.

CLICK HERE FOR DETAILS ON ALL THE INFORMATION LISTED ABOVE



Any Questions?

If you would like to book, or if you would like more information, please contact us via the details provided.

We look forward to hearing from you and finding positive solutions for you.



Request to speak to a reference school
We want you to be sure that Unique Voice is right for your school. Please contact us for detail of one of our 'Reference Schools'.



**USING CREATIVITY TO
EXPLORE, EDUCATE & EMPOWER**

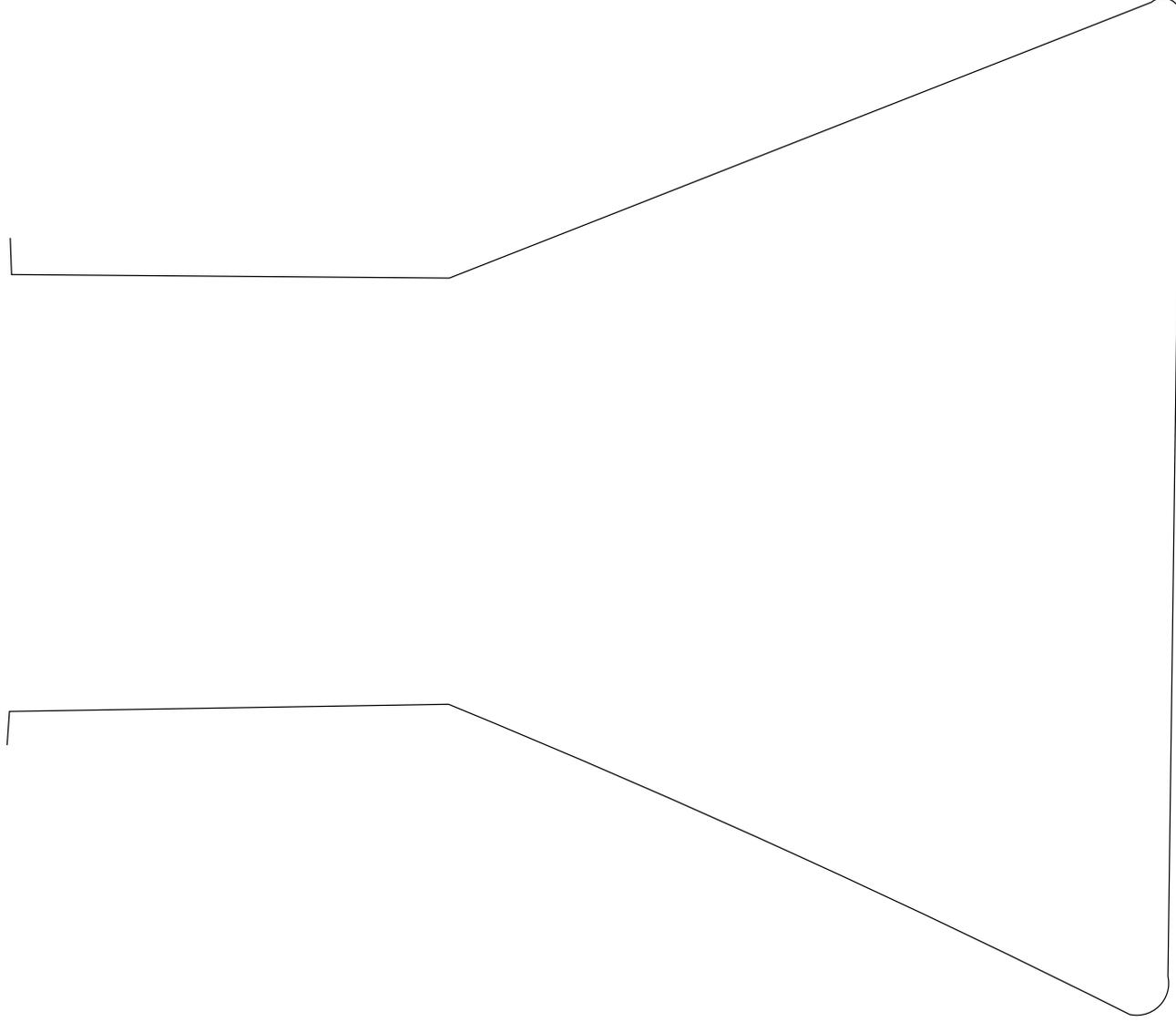
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POWER OF FRIENDSHIP POTION

What ingredients should we add into our potion?



Name:

Class: