

# Anti-Bullying Program

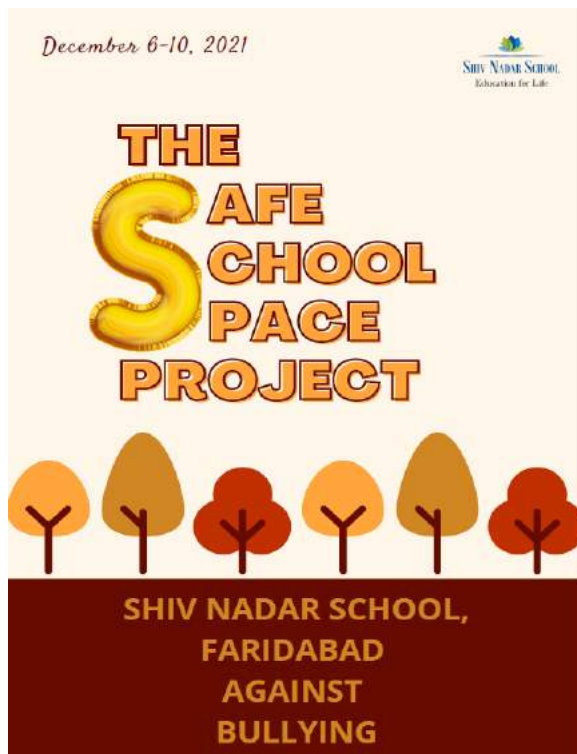
Grades 4-11

called '***The Safe School Space Project***'  
(Week 6th -10th December 2021)

In continuation to the week where we marked 'International day of Persons with Disabilities, the Counselling Team has planned a program for **Grades 4-11** titled '**The Safe School Space Project**' to address themes of **bullying** and **teasing** so we can encourage children to create more conducive spaces for one another. It will be implemented throughout this week through various modes- Circle time, SEE Learning classes and co-scholastic collaboration. Cross-curricular collaboration was also aimed at, since classes have been the breeding ground for reflective discussions.

The counselling team created a holistic plan for the program for the Week 6th -10th December. The lessons come under Provisions of **Child Protection and Safe School Policy**.

## Flyer:



**AT SHIV NADAR SCHOOL,  
FARIDABAD, WE HELP FOSTER A  
COMMUNITY THAT THRIVES ON**

*Openness and  
Transparency*

*Commitment  
to excellence*

*Sense of  
Purpose and  
responsibility*

*Kindness and  
compassion*

*Integrity*

*Lifelong  
learning*

Through all these core values, we have and continue to build a culture of warmth, acceptance and inclusion. To mark the same, we are dedicating this week (6th - 10th Dec) to spread awareness and contribute to discourses about healthy spaces.

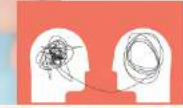
**PLAN FOR THE WEEK**

*Participatory Activities*

EXPRESSIVE ARTS : "HOW WE CAN BE EMPOWERED TO STAND UP FOR OURSELVES?"



CO-SCHOLASTIC SESSIONS : "WHO IS A BULLY?"



PSYCHOLOGY-BASED REFLECTIVE EXERCISES: "THE BYSTANDER EFFECT"



DEBATE AND DISCUSSIONS : "WE NEED ACCEPTANCE AND KINDNESS"



SPORTS-BASED ACTIVITIES: "HOW WE CAN STAND UP TO BULLYING?"



CIRCLE TIME: "HOW TO CREATE EMOTIONALLY SAFE ZONES"



SEE LEARNING SESSIONS: AWARENESS & REFLECTIONS ON CREATING SAFE SPACES FOR EVERYONE

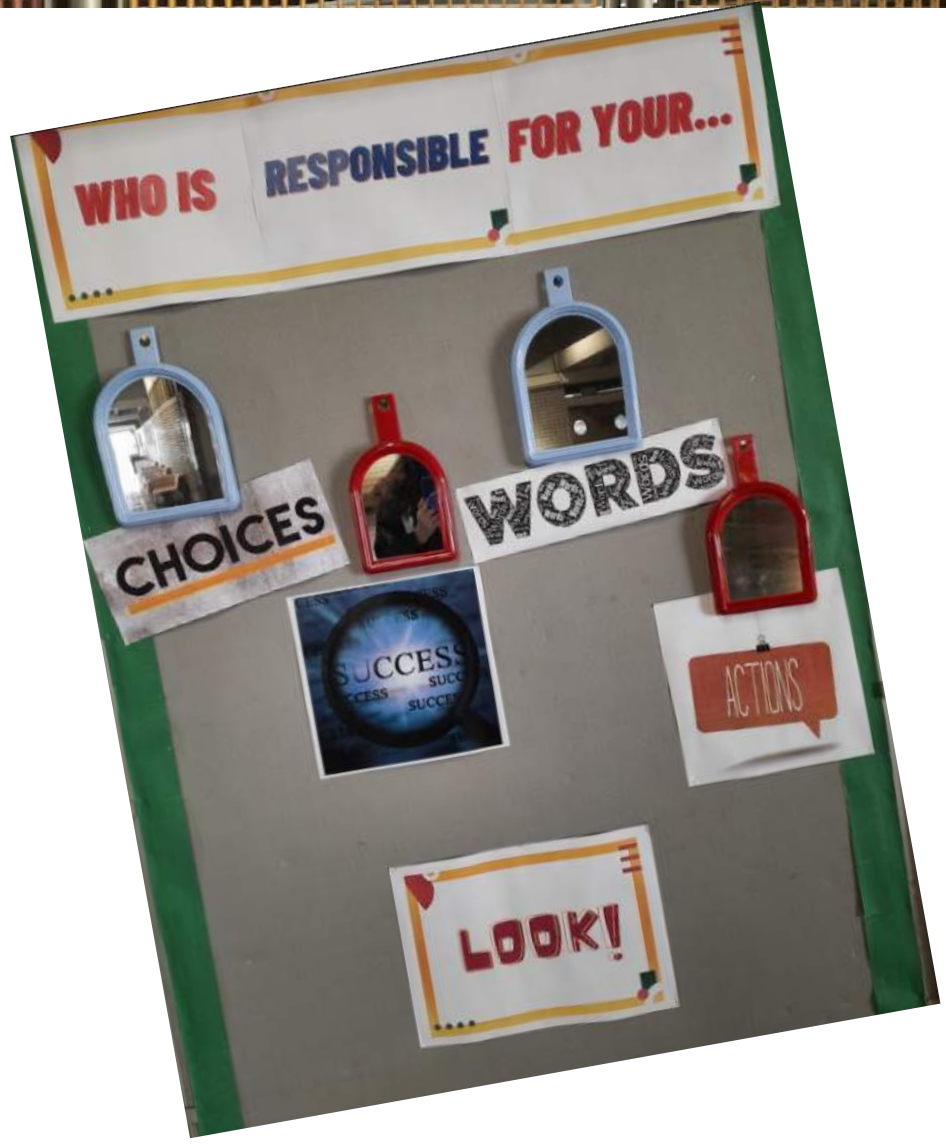
*Creating safe  
spaces allows us  
to nurture, thrive  
and blossom.*

KINDNESS  
BEGINS  
WITH  
*ME!*



With one of our beliefs in '**learning by doing**', we would encourage children to showcase their understanding through this program and use it as reminders for our values.

# Bulletin Boards:



# Student's expression (Grades 4 and 5):

[https://drive.google.com/drive/folders/1ji6XxJqqFwVI-\\_IOsCCTb82PLgfoVqp9?usp=sharing](https://drive.google.com/drive/folders/1ji6XxJqqFwVI-_IOsCCTb82PLgfoVqp9?usp=sharing)





# BULLYING



STOP  
TEASING

STOP  
NAME CALLING

STOP  
MAKING FUN

STOP  
MAKING  
STORIES ABOUT  
SOMEONE

STOP  
THREATENING  
SOMEONE

STOP  
HURTING  
SOMEONE



REPORT-STAND UP-SPEAK UP

\* BE KIND \* BE A BUDDY \* BE HELPFUL

BY- VIVAAN AMAN TANEJA

Amaira

If  
Someone bullies  
you will say stop  
If They do not stop  
run and tell a  
someone you  
trust

I've learned that people  
will forget what you  
said, people will forget  
what you did, but people  
will never forget how  
you made them feel

— Maya Angelou

BEE



KIND

Kaavya Parihar.  
5 Carbett

# Bullying

~~Bullying~~

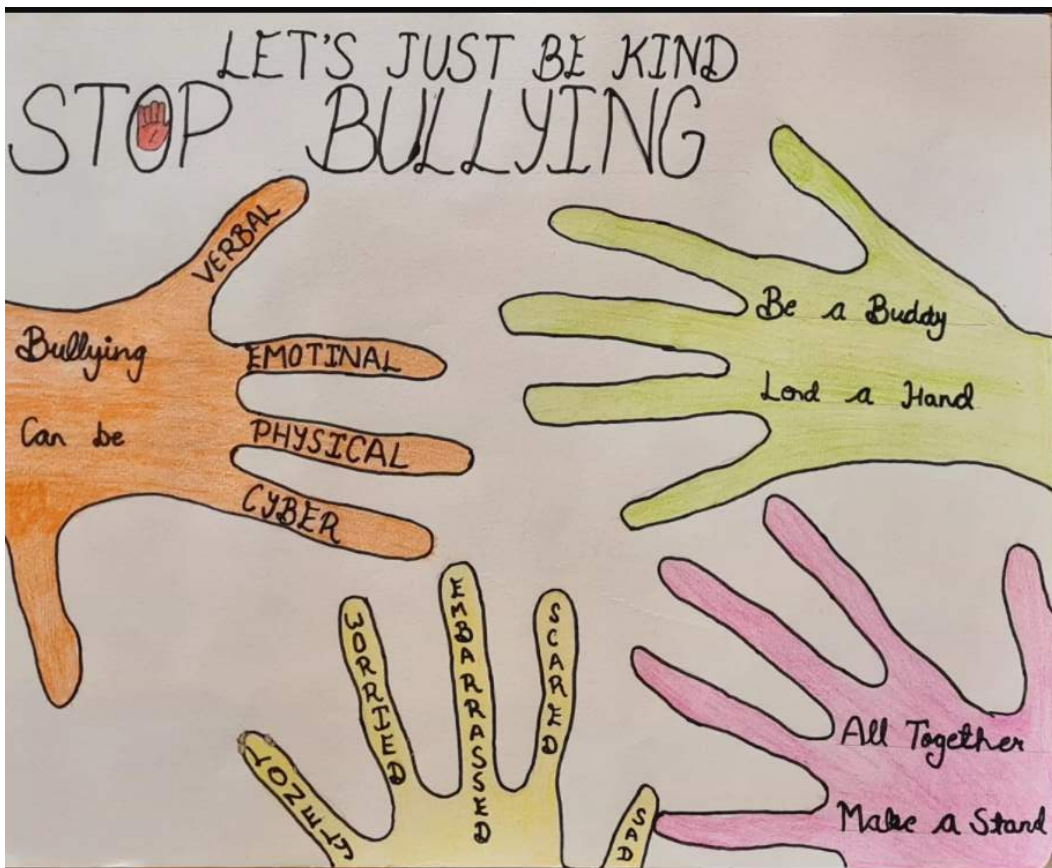
Types of bullying:

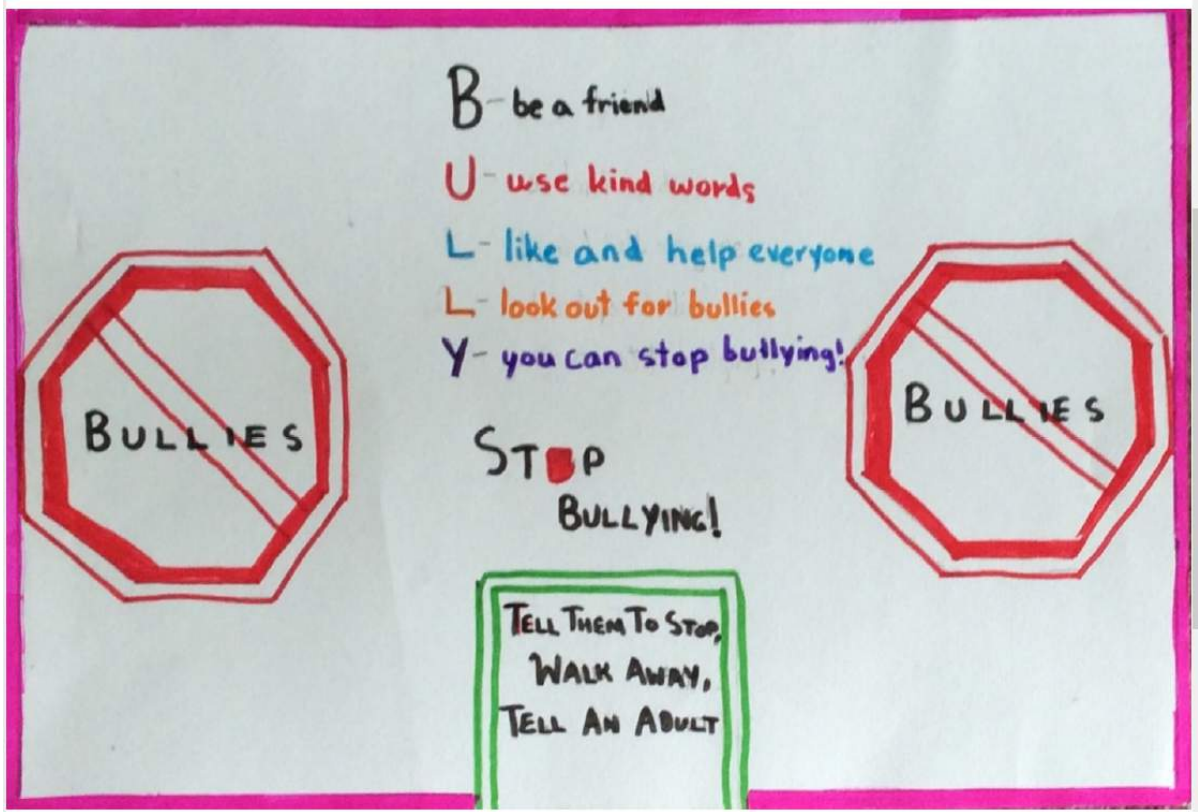
- Emotional Bullying
- Cyber Bullying
- Physical Bullying
- Social Bullying

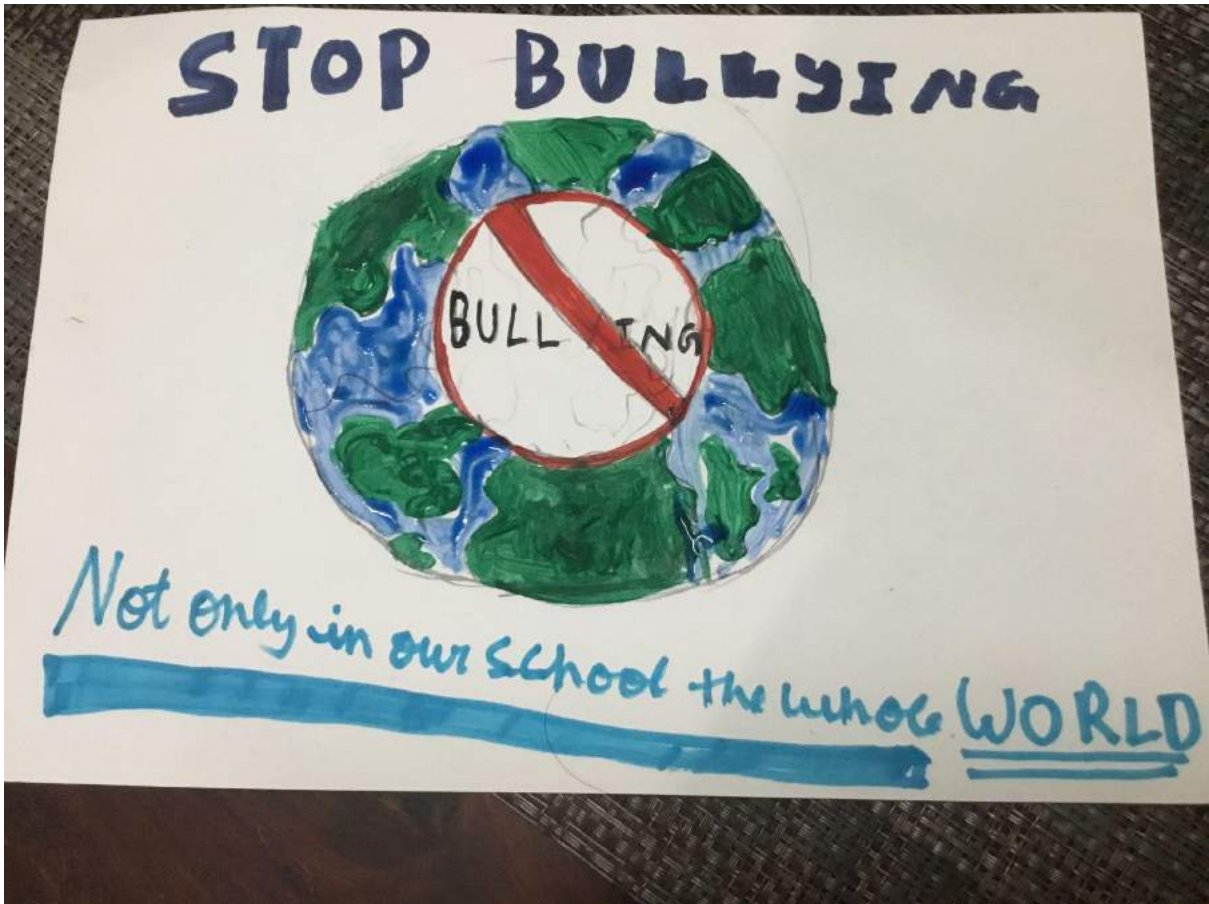
'No One  
Deserves  
to feel ♥  
Worthless'

## LGBTQ:

LGBTQ people have different interests in people and want to be different. Being a part of the LGBTQ community is a big target for bullies, but never feel ashamed for who you are, and stand up for people getting bullied for not being different.







Zoom Meeting

Participants (18)

Find a participant

- Angeleena Rajeev Bh... (Host, me)
- Meeha Latha (S - Kanha)
- AADHYA Uniyal
- Ananya
- AM Anaya Mittal
- Arnav Modi
- Atharv!
- Harshita Chauhan
- Kabir Singh
- Khevna xx
- LK Lakshay Kapasia
- Neel Taneja
- RD Ranvijay Dayma
- Sahib

Remove Spotlight

CAUTION  
You have Entered  
THE WORLD  
An Anti-Bully Zone

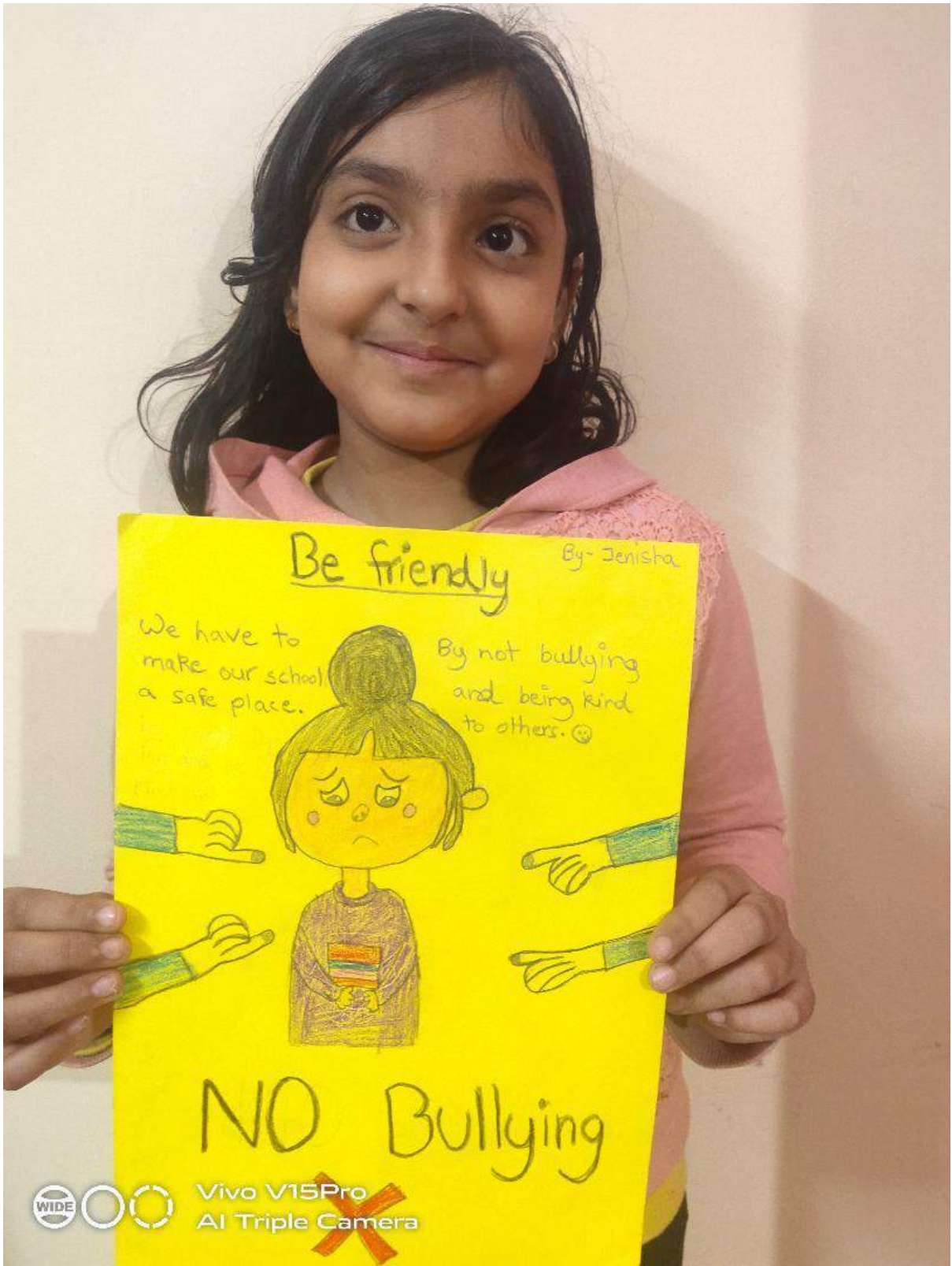
BULLYING

HURTING

Verbally or Physically  
to Hurt or Annoy

Mute Stop Video Security Participants Chat Share Screen Record Breakout Rooms Reactions End

Type here to search 13°C 09:01 10-12-2021



# Be friendly

By- Jenista

We have to make our school a safe place.

By not bullying and being kind to others. 😊



# NO Bullying



Vivo V15Pro  
AI Triple Camera



# STOP BULLYING



Start loving

~~Stop Bullying!~~

Start caring

Types of Bullying

Physical	Verbal	Social	Cyber
Physical contact	Teasing, name calling	Rumour spreading	Spreading lies
Staring, hitting	Exclusion	Embarrassing	Posting embarrassing photos
Staring, pushing	Threatening	Using screen	Bad images online
	Treatment	Reputation	Harassment



Dont break hearts



NO More Bullying!  
~~How to stop it~~



Connect them!

- tell any Adult
- speak up!
- be confident
- dont ignore it and be serious

Be Kind  
Whenever it is possible. It is always possible.  
- Dalai lama

Mishka Gula  
& Corbet

**CAUTION**

You have Entered  
**THE WORLD**

An Anti-Bully Zone



**HURTING**

SOMEONE

Verbally or Physically  
is NOT ALLOWED!

**Everyone is LOVED & has VALUE**

NO BULLYING



WE STAND TOGETHER  
AGAINST BULLYING

# STOP ~~BULLYING!~~

Let US Unite Against Bullying

## PHYSICAL BULLYING

Physical bullying is hitting, kicking, slapping, pinching, splitting, pushing, tripping, blocking.

Stealing or destroying someone's possessions.

Making mean or rude hand gestures.

## VERBAL BULLYING

Verbal Bullying is making fun of name, Insultings, Teasing someone, Taunting.

Threatning to cause harm.

## SOCIAL BULLYING

Lying and spreading rumors

Leaving someone out on purpose

Telling not to be friends with others.

## CYBER BULLYING

Sending nasty texts

Making online threats

Sending hurtful texts emails or posting images or videos.



BE A BUDDY  
NOT A BULLY

How to make school a safe place?

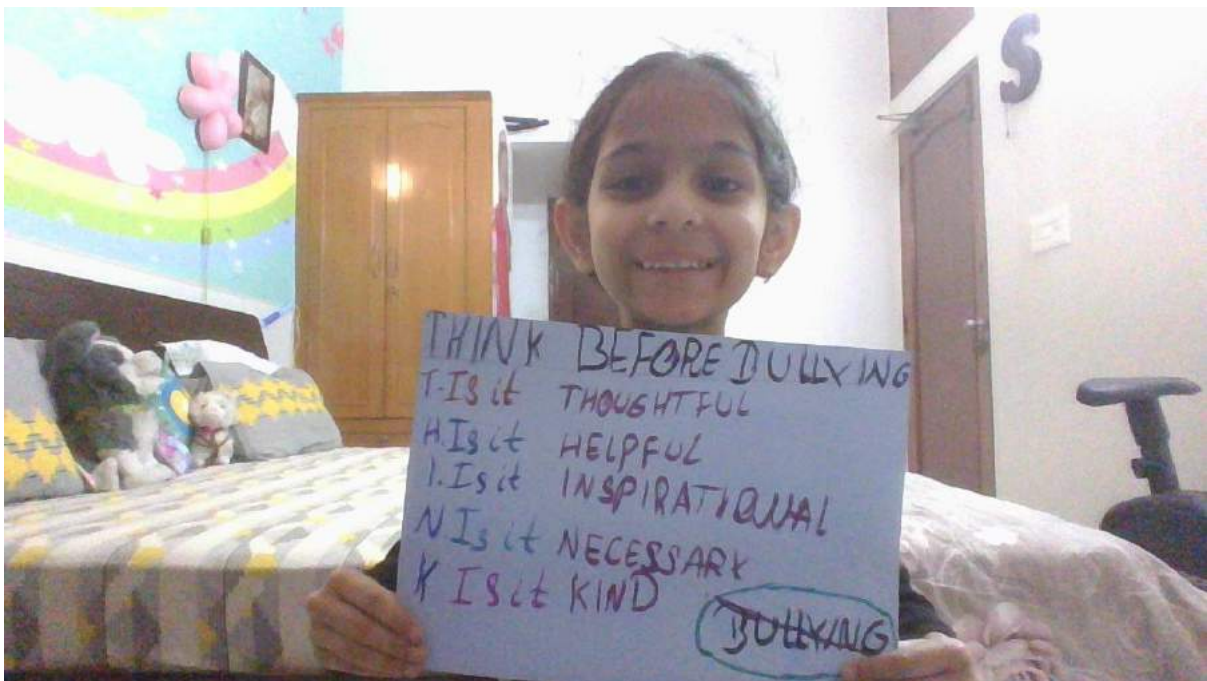
- Tell an adult
- Don't ignore
- Stand up
- Remember, everyone is different
- Try to be friends with everyone

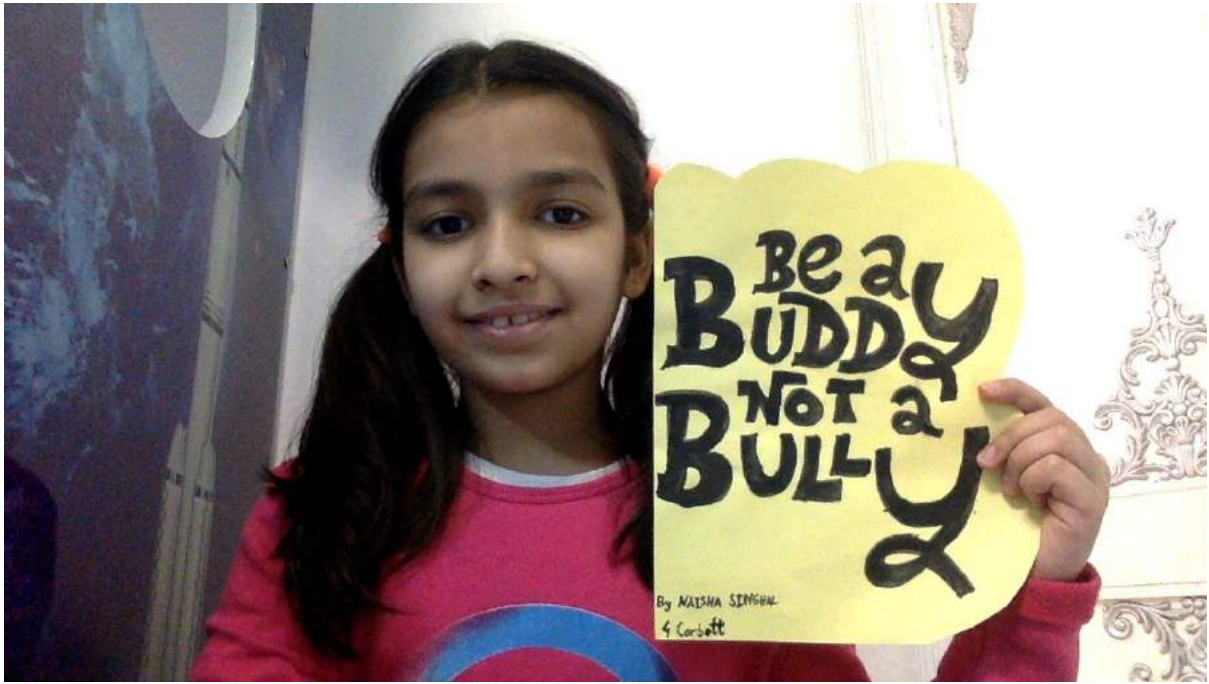
Kindness is  
not an act  
It's a lifestyle  
-Anthony Williams

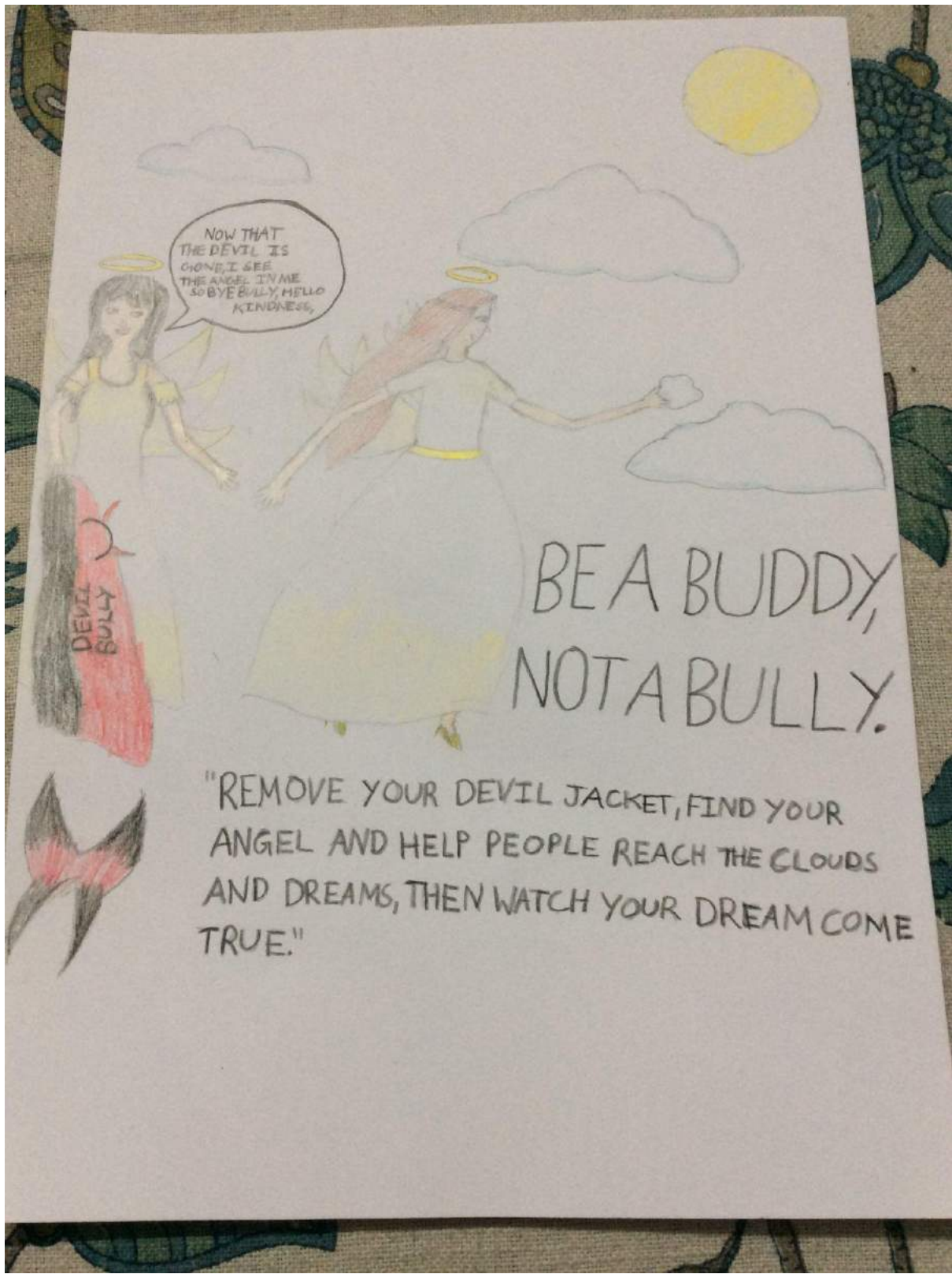
# ANTI BULLYING

- Stop bullying be a friend
- B Be a friend!
- U Use Kind Words!
- L Look for and report bullying!
- L Learn to use Empathy!
- Y You can stop bullying!

MAIRAA-4carbott







NOW THAT  
THE DEVIL IS  
GONE, I SEE  
THE ANGEL IN ME  
SO BYE BULLY, HELLO  
KINDNESS.

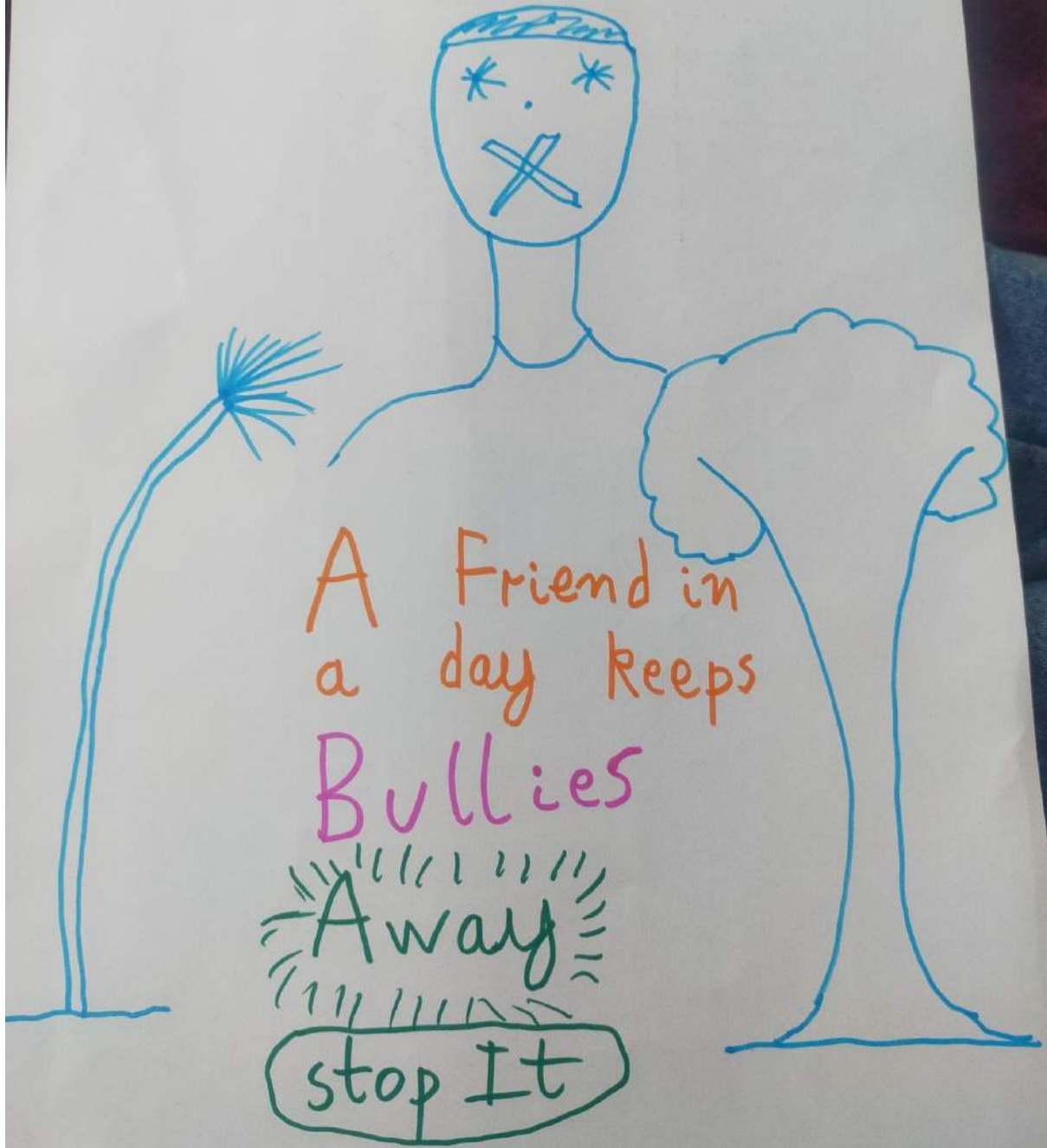
DEVIL  
BULLY

BE A BUDDY,  
NOT A BULLY.

"REMOVE YOUR DEVIL JACKET, FIND YOUR  
ANGEL AND HELP PEOPLE REACH THE CLOUDS  
AND DREAMS, THEN WATCH YOUR DREAM COME  
TRUE."



Against  
**B**ullying

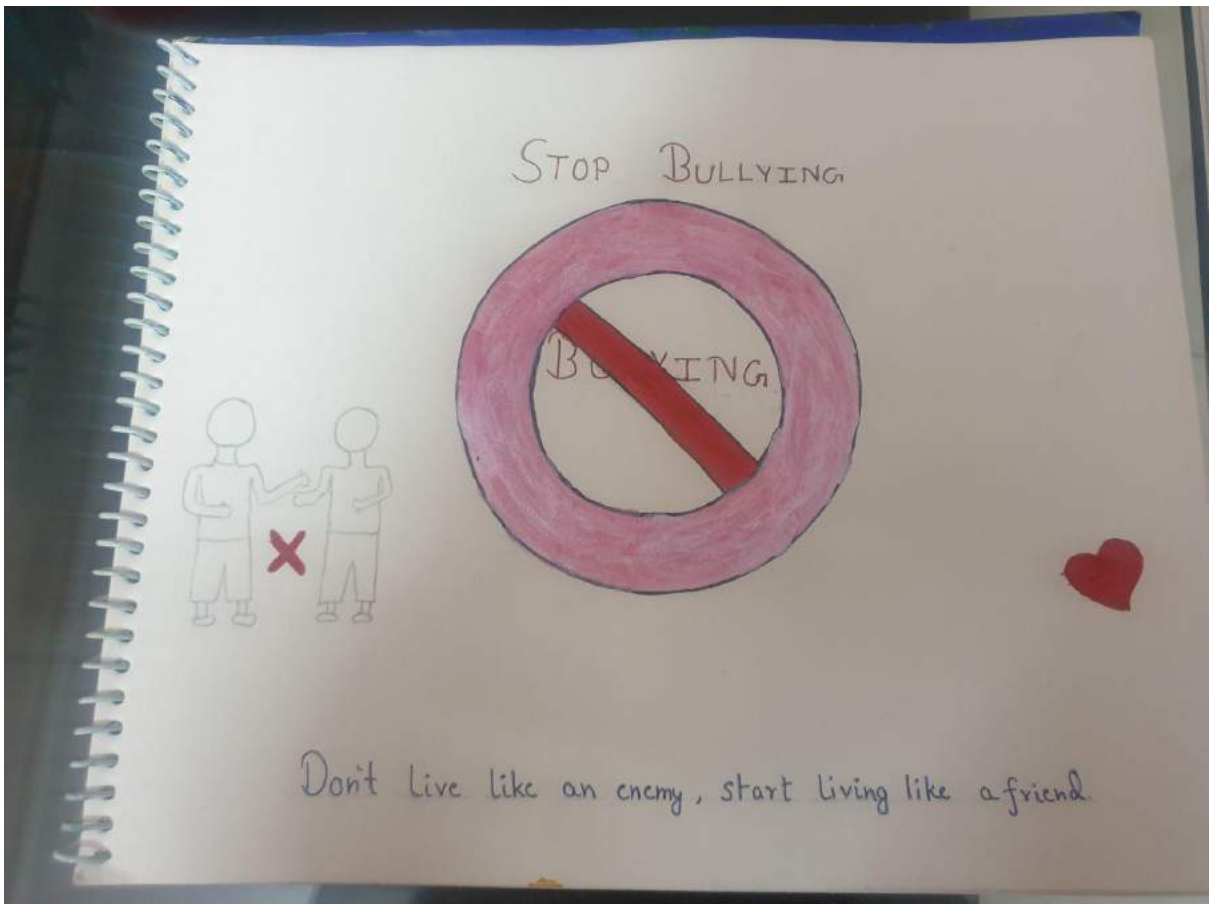
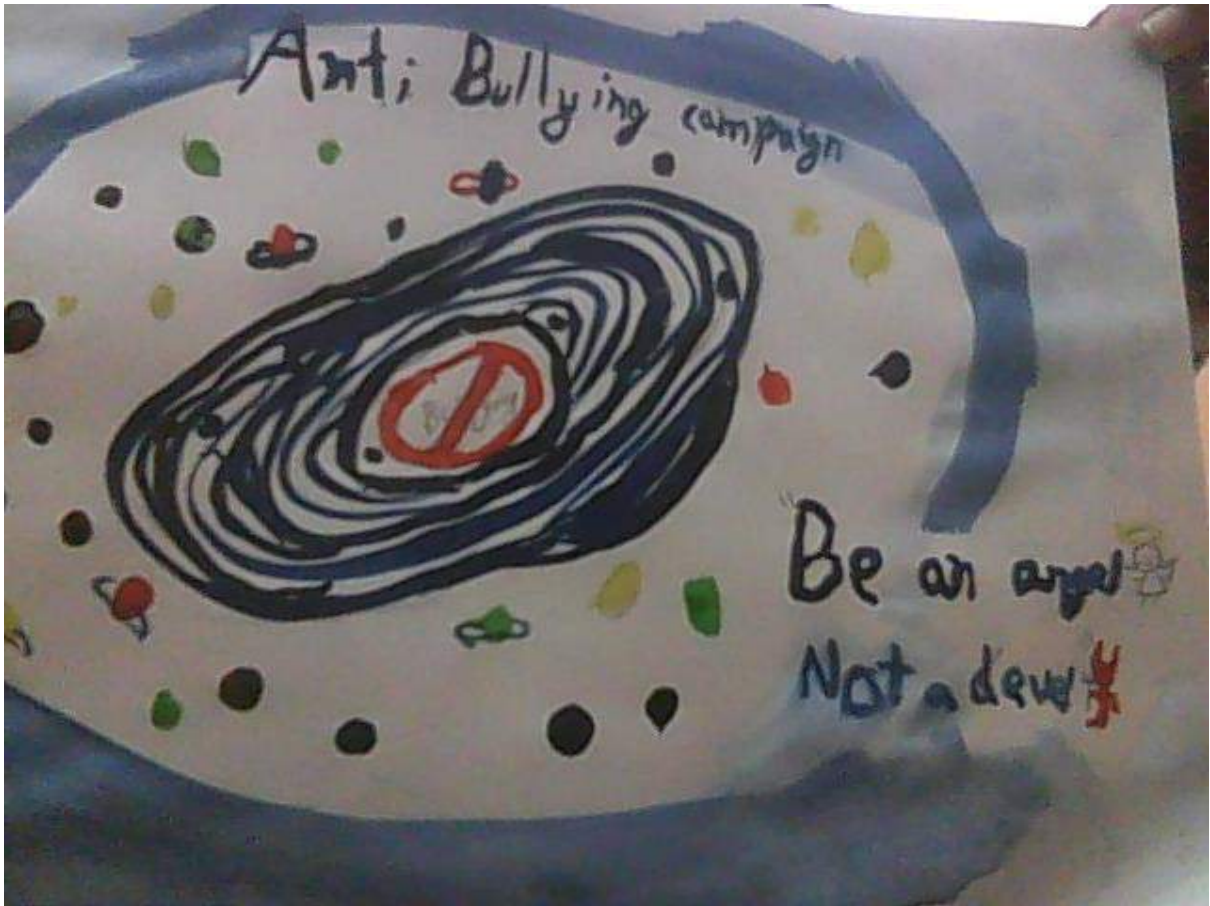


A Friend in  
a day keeps

Bullies

Away

stop It

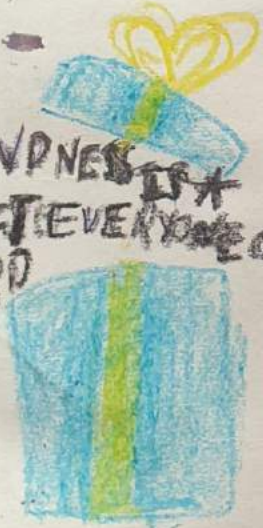


DONUT BE A

BULLY



KINDNESS IS A  
GIFT EVERYONE CAN  
AFFORD



KINDNESS IS A GIFT EVERYONE CAN AFFORD



Anti-Bullying Campaign *lets run it*

Dont be Mean  
behind The Screen



Rude Exclude  Be friend

Be a buddy  
Not a bully

Support &  
Report

It isn't good to  
Cut Others Down

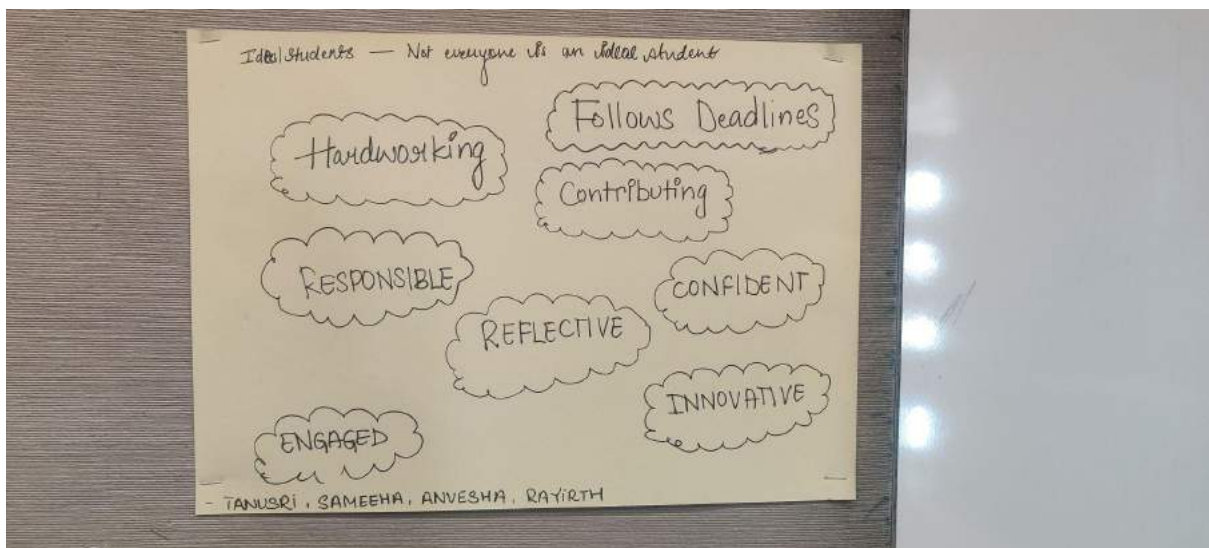
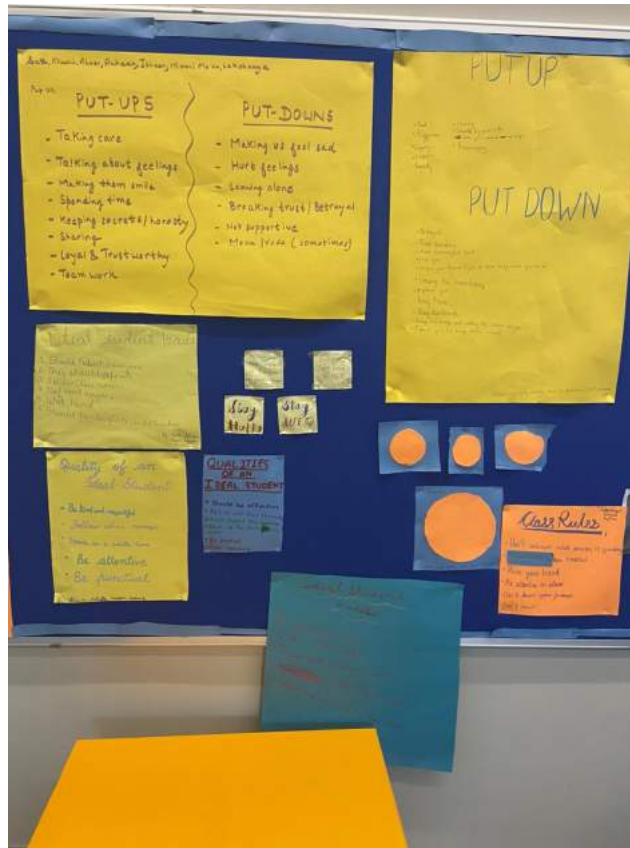


**Class-Board (Students' Work 5 Corbett):**

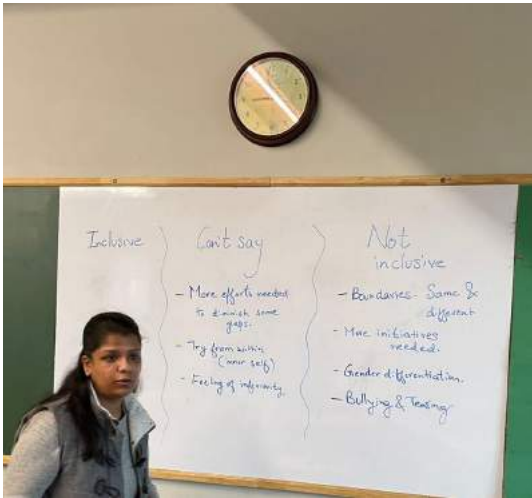


---

Pastoral Care Circle time & SEE Learning (Grade 6-11): Activities & Padlets

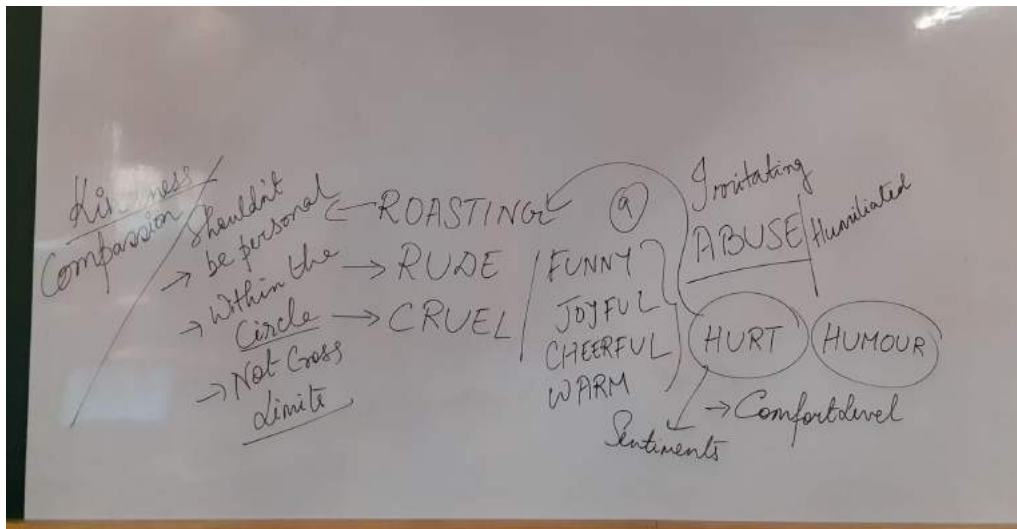
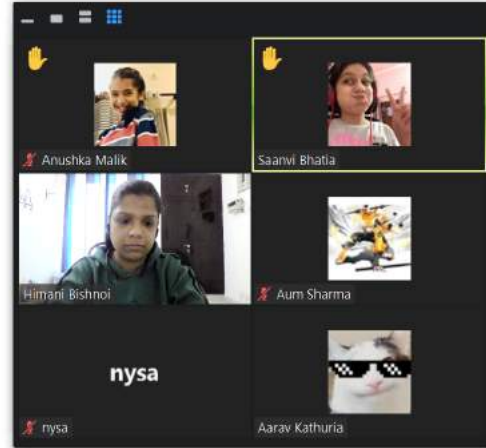






What do you mean by safe space?

- Our personal space
- Don't want anyone to enter
- Protected and safe
- Not being scared
- Emotional safety
- Reflect on your self - actions, thoughts
- Surroundings and people
- Sharing
- Trust - loyalty, not sharing our secrets
- Comfortable



# Padlets:

padlet

Widhiya +20 @ 2h

## Safe School Space Project

What should you do if someone bullies you?

If somebody bullies you run and tell to an Adult who you trust



VIHAAN  
No bullies be friend Like avengers



RUN HIDE TELL  
PDF  
RUN-HIDE-TELL-youth-groups-guidance-and-session-plan-FINAL-10-11-17  
Suzanne

Aariv Sehgal



**SAY NO TO BULLYING!**

Say No to Bullying and You will Be Safe

When someone Bullies, We should tell them to stop but if the bullies don't stop run as fast as you can. Whoever is the first trusted person you see tell them to stop bullies. And remember no one can make you uncomfortable

Ayana Mishra



eduadvisor.my  
Cyberbullying-Feature  
Online bullying- if someone bullies u online then tell ur family if they do not stop tell them to stop if they still continue call the police

Ayana Mishra



If someone bullies then tell an adult if they do again then tell them to stop and ur not comfortable and its very un toleratable



tell him/her to stop, run away, tell a adult

Someone bullies you if someone bullies me I will say them to don't do that then I tell adult then if they do that again I will say them to stop again and again till then they don't stop.  
Ainesh Advank

mahie



online bully - first tell them to stop if they don't tell your family then also they don't call the police



YouTube  
Protect Yourself Rules - Tell  
If someone tries to touch you and you feel uncomfortable shout and say no and raise an alarm . Inform about the incident to your elders and parents. Suzanne Kapoor

What will I do if someone bullies me



YouTube  
Protect Yourself Rules - Bullying  
What will I do if someone bullies me :  
1. Shout and say "NO" to him \ her.  
2. Run away and tell and trusted adult.  
  
If someone bullies you , never be quiet . Nothing will happen after keeping it a secret. We should always feel free and not shy to tell it to a trusted adult. We can tell it parents, teachers, school counselor and trusted people .  
Note - HITTING IS WRONG. NEVER HIT BACK.  
- Janya Aggarwal

Gurvansh Singh

If someone bullies me I will tell them to stop, I will shout, I will tell an trusted adult.

Aaren jatwani



If someone bullies u should run away and tell the adult and say stop pls

run away tell an adult



mahira

RAVI : you should call an adult , tell them to not mess with me and do not touch me with out telling me , or fight back



run and tell a adult  
amaira

What should you do if someone bullies you?



1. Run away.  
2. Tell someone you can trust about this.  
3. If they bully you online, then turn of the device you are using or ignore them.  
Purvi Sharma

Safe School Space Project



Subeer Malhotra  
I will say no to him and I will tell the thing to the adult.  
I will stand up.  
I will never give up!!!!!!!!!!!!!!

bulling Aadya



You should tell them to stop and tell a trusted adult

run away and tell an adult

run away tell adult and not be scared to tell: sachit is cool

If anyone bullies you you should say no to them, walk away and tell an adult.  
Mishika

mahie



we should not stay quite if someone bullies you tell an adult If they bully you again tell them to stop


run away tell an adult


ishit Bhargava


if somebody bullies ne then first I will tell them to stop, if they don't then I will run away and tell and adult whom I trust. some people on who you can trust are your parents, teachers and other coaches. also we should not be scared at all from the people who are bullying you. never hit back as they might more in number or the guy might be stronger  
some safety rules are  
1. tell them to stop  
2. run away  
3. smart idea  
4. tell an adult


# STOP


How to change the world? One Random Act of Kindness at a Time. - Morgan Freeman

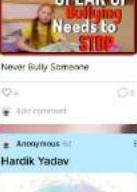
**Anonymous 20**  
**Stop bullying -Be kind- Jenisha**  
  
 Be a friend and not a bully! Let us make this world a happy place to live!


**Anonymous 19**  
**Bullying- Mishka Gulia**  
  
 Stop bullying people  
 stop bullying to innocent people


**Anonymous 28**  
**Samiya Chopra**  
  
 THINK BEFORE BULLYING  
 IT IS NOT INSPIRATIONAL  
 IT IS IF NECESSARY  
 KIND IS KIND


**Anonymous 29**  
**NEVER BULLY BY ARYAVEER**  
  
 I WOULD RATHER BE NOBODY THAN BULLY SOMEONE


**Anonymous 30**  
**ANTI BULLYING**  
  
 BE A BUDDY NOT A BULLY


**Anonymous 31**  
**Kiaan Kalra**  
  
 Never Bully Someone

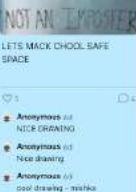
**Anonymous 32**  
**Hardik Yadav**  
  
 Never bully make a heart to heart relation

**Anonymous 33**  
**Shambhav Bambi**  
  
 Lets make school safe for everyone

**Anonymous 34**  
**Ameya Jindal**  
  
 Safe school Project Anti - Bullying poster - Make sure to tell adults. Contact someone you trust. Stand up against bullying. Stop bullying, be kind.  
 How to make our school a safe place- be kind and supportive to everyone!

**Anonymous 35**  
**Bullying- Sumeera Arora**  
  
 Stop Bullying  
 How to make school a safe place?  
 Tell an adult  
 Stand up!  
 Don't ignore  
 Remember everyone is different  
 Try to be friends with others as well

**Anonymous 36**  
**Vivaan Marwah**  
  
 Don't Bully bullies are like  
 Bad  
 Ugly  
 Lazy  
 Law breaker  
 Yucky

**Anonymous 37**  
**RONIT MADAN**  
  
 LETS MAKE SCHOOL SAFE SPACE

**Anonymous 38**  
 Icky

**Anonymous 39**  
 shambhav

**Anonymous 40**  
 hba

**Anonymous 41**  
 very nice always

**Anonymous 42**  
 very nice always

**Anonymous 43**  
 very nice always

**Anonymous 44**  
 very nice always

**Anonymous 45**  
 Add comment

# Safe School Space Project

What should you do if someone bullies you?

If somebody bullies you run and tell to an Adult who you trust



VIDHAAN  
No bullies be friend like Avengers

**NO BULLYING ZONE**

If someone bullies then tell an adult if they do again then tell them to stop and ur not comfortable and its very un toleratable

What will I do if someone bullies me



YouTube

Protect Yourself Rules - Bullying  
What will I do if someone bullies me :

1. Shout and say "NO" to him \ her.
  2. Run away and tell and trusted adult.
- If someone bullies you , never be quiet . Nothing will happen after keeping it a secret. We should always feel free and not shy to tell it to a trusted adult. We can tell it parents, teachers, school counselor and trusted people .
- Note - HITTING IS WRONG.NEVER HIT BACK.
- Janya Aggarwal

run and tell a adult  
anaira

run away and tell an adult

run away tell an adult

**ACT**

**RUN HIDE TELL**  
PDF [http://www.dhcs.ca.gov/](#)

RUN-HIDE-TELL youth-groups- guidance-and-session-plan-FINAL- 10-11-17

Suzanne



tell him/her to stop, run away, tell a adult

Someone bullies you  
if someone bullies me I will say them to don't do that then I tell adult then if they do that again I will say them to stop again and again till then they don't stop.  
Aineesh Adviek

Gurvansh Singh  
If someone bullies me I will tell them to stop,I will shout,I will tell an trusted adult.

Aaren jatwani



if someone bullies u should run away and tell the adult and say stop pls

What should you do if someone bullies you?



1. Run away.
  2. Tell someone you can trust about this.
  3. If they bully you online, then turn of the device you are using or ignore them.
- Parvt Sharma

run away tell adult and not be scared to tell: sachit is cool

ishit Bhargava  
if somebody bullies me then first I will tell them to stop, if they don't then I will run away and tell an adult whom I trust. some people on who you can trust are your parents, teachers and other coaches. also we should not be scared at all from the people who are bullying you, never hit back as they might more in number or the guy might be stronger  
some safety rules are  
1.tell them to stop  
2.run away  
3.smart idea  
4.tell an adult

Aariv Sehgal

**SAY NO TO BULLYING!**

Say No to Bullying and You will Be Safe

When someone Bullies, We should tell them to stop but if the bullies don't stop run as fast as you can.Whosoever is the first trusted person you see tell them to stop bullies.And remember no one can make you uncomfortable

mahie  
  
online bully - first tell them to stop if they don't tell your family then also they don't call the police



run away tell an adult



mahira

## Safe School Space Project



Subeer Mahzom  
I will say no to him and I will tell the thing to the adult.  
I will stand up.  
I will never give up!!!!!!!!!!!!!!

If anyone bullies you you should say no to them,walk away and tell an adult.  
Mishika

Ayana Mishra

edadviseemy  
Cyberbullying-Feature  
Online bullying- if someone bullies u online then tell ur family if they do not stop tell them to stop if they still continue call the police



Protect Yourself Rules - Tell  
If someone tries to touch you and you feel uncomfortable shout and say no and raise an alarm . Inform about the incident to your elders and parents. Suzanne Kapoor

RAVI : you should call an adult , tell them to not mess with me and do not touch me with out telling me ,or fight back



bulling Aadya



You should tell them to stop and tell a trusted adult

mahie



we should not stay quite if someone bullies you tell an adult if they bully you again tell them to stop

# STOP



### 5 Kanha

How to make school a safe space??

Ananya

1. We all shall be kind to each other
2. We all have show respect for one another
3. We all have to stop bullying each other
4. We need to help each other in our work

Maira



Nobody likes to be bullied. In school, we can help people Be kind Be playful

Because you will not get anything after bullying someone, will you?

Samiddha



1. Children can watch a video of bullying, so that they understand to not bully
2. Bullies can be attended by counsellors, so they never bully again.
3. Children should get a hard punishment, if the bully, so that they don't bully again.

Vandita



Everyday in CT we can take a pledge to not bully anyone.

Anaya Mittal



To make a School a Safe space:

1. Tell the Students about Bullying, Show videos, Posters, etc.
2. Help others who are Special
3. Take a pledge every morning to not bully and how Bad bullying is and the Protect yourslef Rules

**Maybe you are getting bullied is because that Person is going through something or is just doing it for No reason, Which is not Nice. For this too stop, You have to tell your Teacher or Your Parents.**

Kabir Singh



We should make our school a safe place by-  
 .Not bullying  
 .Not making names  
 .Not teasing people

atharv



we can make our school a safe place by telling the bullies to stop or take counseling teach the bullies and help the bullies and the children overcome their problems and take small steps by makin g our homeroom safe our school safe that can lead to making our society safe.

Meesha Ladha



As we know, Bullying occurs at all grade levels so -  
 ~NOT BULLY  
 ~NOT MAKE NAMES  
 ~NOT TEASING PEOPLE  
 ~ HELP PEOPLE WHO ARE SPECIAL

Aadvik Garg



The first way to make school a better place is say a pledge everyday.

The second way is to give a buddy to everybody.

The third way is to punish anybody who bully's.

How to make school a safe space?? Aadhya



We can find out about any bullies or victims and help them. We can form a little anti-bullying group to do this.

How to make school a safe

space????????????????????  
 ?????????????????????????  
 ?????????????????????



1. Put anti bullying charts around the school.
  2. Give a buddy to kids with special needs and new kids.
  3. Do an anti bullying pledge every day.
- Adyant

Snikita Roy



I think we can make school a safe place by helping people in school who need our help , make others feel happy and become kind , responsible and honest about things

Khevna

How can you make school a safer place?

first of all, bullies need to understand and be told, words can hurt. Dont say things unnecessarily, words can hurt and they will.

Second of all people make fun of lgbtq+ which is very rude. They need to understand the fact, genders don't matter. this goes for males, and females too. People can be gender bias, and that's pretty rude.

for our sake, we can ignore the bullies and we'll be fine. as long as it doesn't get too far. If it does we can follow precautions, and tell our parents to help resolve te matter.

Bullies are bullied or have their own problems to deal with. They don't bully you or hurt you for no reason, though its not good. They need to understand by you that its not the right choice so, stop doing it.



### Kindness of classmates: What did I learn from the video?

The learnings of 3 Ranthambore

Anonymous 22h

**Faizah**

YouTube  
Be Kind: Kids books read aloud by Books with Blue

Anonymous 22h

**Ruhani Uttam**

being kind means having perseverance.

Anonymous 22h

**Be kind everyone**

By ganya

Anonymous 23h

To help everyone when they need help

Anonymous 23h

**FAIZAH**

Kindness mean help each other

Anonymous 23h

**KINDNESS**

STAY KIND BE KIND HELP OTHERS MOTIVATE EACH OTHERS

love krrisha

Anonymous 23h

**Kiara Batra**

I learnt that you should support someone and you should motivate them if Anybody is laghing at them

Anonymous 23h

**Yuvraj**

Anonymous 23h

**Ashwin**

Being kind means motivait some one

Anonymous 23h

Anonymous 23h

**Yuvraj**

Helping means like someone is sad we shud make him happy

Anonymous 23h

**Zenea**

Kindness means to me that we should not feel bad for someone

Anonymous 23h

**Yohaan**

I learned that we should help ,share, say kind words and motivate other people .

Ranjita Chaney 23h

**Sarah**

kindness means to me helping each other.

Ishaan Saraf 23h

**Ishaan**

I learnt that if somebody laughs at your friend you should always support them

Anonymous 23h

**Aadya**

Anonymous 23h

**Agastya copied Ganya**

Agastya why did you copy me?

Anonymous 23h

**Ganya**

It is not today but I am still wishing everyone. Happy "world kindness day" to all.🥰🥰

Anonymous 23h

**Ganya's learning's from the video -**

I leained that we should help the people who are disabled in any way should also feel special for themselves just like the normal people. Example-we should make them feel special like we feel on our birthdays. Hope you all are understanding what I mean to say and will help me. Happy "world kindness day" to al.🥰🥰  
Date- 8.12.2021

Anonymous 23h

**Agastya Jhamb**

It is not today but I am still wishing everyone. Happy "world kindness day" to all.🥰🥰 But every day not only one day .

## Bullying

What should you do if someone bullies you ?

### See Learning

What is bullying according to you?

### Mrigya



You should tell a adult and if its a out of control situation you slap like if someone toches you or hugs you without your permission

### Tejas Arya



What should you do if someone bullies you ?

If you are bullied so you should Tell an adult , Say no to them , Shout , Fight back if they are hitting you again and again , Have a ferm voice

### Krishna

I will shout, run and tell to an adult whom I trust.

### Jaisnavi Vij

if someone ever bullies me I will-

fight back - ( tell a adult , walk , shout , have a firm voice , talk to someone ,tell the bully to stop , etc )

### Kaasni



We should run and tell an adult and we should tell them to stop and walk away

### Bullying -- By Mishika



If someone bully us

tell an adult ,  
tell he/she to stop...

never trust a stranger ...

help each other when ever someone is bullying them...

### ANAYA



EVEN A MOTHER WANTS HER BABY TO STAND UP TO A BULLY

### saranya gupta

we should run and tell an adult

### gur



fight back

**Pihoo Dayma. Say him no or run and tell aAdult**

### Divisha

1 i will run and tell an adult  
2 or fight back  
3 tell them to stop

### grahil

grahil  
fight back



if some one bully you should fight

### Tania Sharma



Step1 if someone bullies you you should run away and tell an adult  
Step2 never trust a stranger  
Step3 have a firm voice tell them to stop  
Step4 only if the situation is out of control slap the person  
Step5 help such people in trouble teach them confidence

### Yoana Bansal



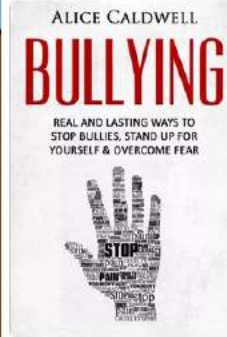
If someone bullies you  
1. We should fight back.  
2. Tell him/her to stop and go away in a loud voice  
3. Tell and adult, teacher etc

### Kaashvi Katyal



What should you do if someone bullies you ?  
1. Tell them to stop ( if it does not work )  
2. Walk away and tell and adult ( if the situation very - vey worst and the adult is also not helping )  
3. Fight

### Tejas Arya



Stop being bullied speak up , and stand against a bullying

### Aarna



If some one bullies you tell them to stop tell a grown up stand up for yourself at shout ! stopppp bullyingggggggg ! and walk away do not try to ignore them otherwise they will keep bullying you

### JAI



Q1. What should you do if someone bullies you ?  
A1. We should run tell an adult or tell them to stop don't fight.

### Anshdeep Singh

You should tell an adult , you should not hit.

### dilisha

we should speak up then tell a adult

# Kindness

What is the one thing you learnt today?

**Kimaya**

**Kimaya**

**Kimaya**

**kimaya**

**kindness**

A world of kindness  
 kindness is giving a hug,  
 bringing a smile back,  
 writing a note to your grandparents,  
 suhavi

**made by Naaysha Vigg**

We should help people and be kind like helping your parents when they are working.

**Tahira**

I learnt kindness is always rewarded. My favourite writer wrote a story about a brownie who got rewarded after being kind.

**kimaya**

**Aarav Singh Sheoran**

We should always be kind to others because if you do that, the kindness will pay back and I don't mean real Indian currency that we use but the happiness money that kindness gives to you in a heart. It makes you feel happy and then that happiness will shine and shimmer out of your face

**kindness (small poem)**

I can not plant kindness in a tree,  
 Instead, I plant it in me.  
 Our heart is full of it,  
 We should do it in every bit.  
 If someone is calling bad names,  
 and giving others the blame.  
 You should make others say,  
 "Be kind in your own way"  
 We should help others rise,  
 And for others, kindness is the prize  
 We all can be kind, just give it try,  
 "Help" someone dance, "help" someone learn is what to do.  
 Kindness is always in you.  
 Myra Gupta

**Arnavv**

Kindness comes from our heart. Being kind to others will spread kindness all over the world. We should not bully others as it makes them feel bad.

**Rupashi**

Today I learned that We should treat differently abled people the way we treat normal people.

**Veronica**

Kindness makes a difference to people. Kindness cannot be bought, it is a bonding between family members and friends.

**Bhavin**

kindness gives us happiness

**Leisha**

Kindness to me is thinking about others before my own needs .

**Sakshum Raja Kirpal**

Always be kind to everyone.

**Kindness**

kindness is helping people-I gave my toys to needy kids  
 Suhavi

**Kindness**

Kindness is a good thing when we help we feel happy also.  
 From Rihaan

**Sohum Dhawan**

Today I learnt we should always be kind and not bully anybody

Once my friend named Veer got injured in the park and I helped him walk till the bench and I told him to be brave and stop crying I took his cycle to his home and my cycle to my home

**Bhav**

Kindness does not grow on trees

**Mehrash**

Money can not buy kindness.

**Any human can show kindness and money can never change kindness because of love. PRAJIN SINGH**

<p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• Mean statements</li> <li>• Remarks on dressing sense</li> <li>• Unkind</li> <li>• Rude</li> <li>• Commenting on appearance</li> <li>• Feeling unsafe</li> <li>• 'You don't dress up properly'</li> <li>• Dressing feminine/Masculine</li> <li>• Discriminating based on <ul style="list-style-type: none"> <li>o Skin colour</li> <li>o Sexual orientation</li> <li>o Physical strength</li> </ul> </li> <li>• Being aggressive</li> <li>• 'hit me'</li> <li>• Spread rumours</li> <li>• Threaten you</li> </ul>	
<p><b>Have Done</b></p>	<p><b>Have not done</b></p> <p>Commenting on skin colour Lose weight Sexual orientation Aggressive</p>


SEE Learning: Bullying (6 Corbett) – 18.11.2021

padlet

Himani Bhatnol + 6 • 1mo

### What can we do to make school a kinder place for everyone?

Little gestures of warmth, acceptance and shared joy can make life pleasant.



Bullies like these should be stopped

**Jyoti**

help others when they get bullied

**Kurush**

Mam once I was the bully in my class.

**Azlan**

We should keep watchers in all classes and corridors and that watchers will take the bullier to the principal and then that kid will be scared and will not bully.

**Adya**

We can not post private videos or photos and should not bully people, sexually, physically, emotionally and mentally. No matter what you call a rose, it will always smell sweet. That's the same things with humans.

**Meher Kochhar**

I think to make school a kinder place we need to stop bullying and be respectful to each other. We should make more friends than enemies. We should respect people as who they are instead of making bad comments to each other.

**Vivaan Raina**

We should not make any bad remarks on people words are stronger the swords it can affect people in a different way. With this we can make the world a better place.

# What we can do about Bullying

PUNIT JAMBA NOV 18, 2021 07:36AM

## HIDYA BHATIA

NEVER SHARE YOUR PASSOWARDSWITH ANYONE

## HIDYA BHATIA

DON'T CLICK ON RANDOM LINKS



Page 1 / 2

devise a plan totry to be there friends and get close to them to understand them

Take bullies into a private room to talk all out

## Aarav

<https://www.tomorrowtides.com/how-to-stop-bullying.html>



## HIDYA BHATIA

DON'T CLICK ON RANDOM LINKS



<https://www.tomorrowtides.com/howtostopbullyingorg.html>

understand them

Take bullies into a private room to talk all out

## Aarav

<https://www.tomorrowtides.com/how-to-stop-bullying.html>



## HIDYA BHATIA

1. Try to always have a friend with u.
2. Talk with the bully calmly and ask them to stop.
3. Talk to adults.
4. If they hit u, then learn self defense.
5. Try to interrupt their activity, u can even sometimes make fun.

Act like you don't care so the bully stops bullying you

**i saw this one trick, is to ask the bully if they are having a bad day and talk to them.**

## Change people's mindset

Tanish

**mummy usne mujhe buddhu bulaya aur sab hase. \*mother rolls up sleeves\***

**Lets try and not bully people intentionally or unintentionally**

## Aarav

Stop bullying

## Punit

Bullying affects everyone



**Open Ended Question**

Share your thoughts on the following statements. 1. We all have the power to make decisions about how we treat each other. 2. Everybody makes mistakes. Everybody will make a bad decision at some point. 3. What is most important is that we always reflect on how those bad decisions affect people - it is never too late to show someone kindness. The smallest of actions can make a big difference to how someone's day goes. 4. Although your actions may not always seem like they have impact, the smallest of kind actions can spark a chain reaction.

Date	Nickname	Other	Response	Post Stats
11/18/2021	Aanya Goyat			

11/18/2021 Ania

1) We should treat one and other with kindness. If someone is rude to you, don't be rude to them because fire and fire just creates a bigger fire. You should be the reasonable one and try to sort it out. 2)I agree with this statement because you can't live a perfect life. You will make a careless decision at some point of your life which was not planned. 3) yes, I agree. for example if someone has been rude to their juniors, its never too late to apologise. 4)yes I agree. Being kind to people will not only make them happy but one will feel good about themselves too!



11/18/2021 Aralna Bhatia

1. being a responsible human being we all have the power to make decisions but, the perfect age for making decisions is 18, this is the age we get mature enough to make right decisions. 2. in each of us's life there will be some point when we are hurt either because of our parents scolding us, or somebody breaking our hear whether it is our friend or somebody special.. we are not in a state of mind to take correct decisions, but we will always have an option to make it correct.. 3.we should apologise to that person and have a soft conversation. 4.Even a good compliment can make someone's day, even a hug can give someone warmth, when we know each other's feelings, the other person in your bad times will be there to give u a compliment. , a hug and hear your thoughts

them wrong when we are stressed or tired or angry. 2. Yes I agree, after all they are humans. We make mistakes at some point of time in our life particularly when we are in a bad mood. But that doesn't mean we can't rectify them. The best way to do is to apologise or to do some good deed. 3. Our small actions can make a big difference in how someone's day goes because we may not know everytime that what the other person may think of what we speak though its not a big thing for us. It may be for someone else. 4. ?

11/18/2021 Paarth

11/18/2021 Parth Sharma


11/18/2021 Pritika Mahajan

agreed, we should all respect one another in order to live a happy and regretful life. Moreover we are not aware of what is going on in another persons life and with our harsh words it might make his day even miserable. The best thing we can do is talk and and just let out whatever we have against him without being harsh and involving

## Collaborate Board Ushering Positive Change In Others' Lives

## Class board

## Open Ended Question 1. What would you do differently to make your classroom/school more inclusive? 2. How does it feel to bring someone up? 3. Share your thoughts on how we can create a warm and kind community in school.

Date	Nickname	Other	Response	Poll Stats
12/09/2021	delpha			
12/09/2021	KHUSHI		1. try calling the people who least participate and stay with them more to make them feel more inclusive. 2. it really feels good to bring someone up but sometimes we may not do so though we are willing to due to circumstances. 3. we can create warm communities in school by saying polite words and greeting nicely. make posters to spread messages around.	 <p>50% No Answer</p> <p>50% Free Text</p>
12/09/2021	Parth Sharma		1. Trust exercises and making everyone participate in school activities/ 2. Like you are a justice provider and one who is trying to do good but not overconfident. 3. Welcome new students, respect and befriend old ones.	
12/09/2021	Saanvi		1. Take initiative to talk to my peers and make them feel a part of the class. 2. It feels really pleasant to know that you are able to make someone feel welcome. 3. We can create a warm atmosphere by make sure everyone is included.	
12/09/2021	Sejal			
12/09/2021	Tony Stark (Yash Bhole)			

padlet

padlet.com/issanichowdhury/Bookmarks

**SEE: Bullying and Kindness-18th November 2021**

Being honest!

ISSANI PAUL CHOWDHURY JUN 24, 2021 06:35PM

**Bullies dont let you share your feelings to our peers or our teachers or adults****They make you feel humiliated and made fun of in front of your friends.**

Sumer

**Do not engage in class and do not want to show up**

- o spreading rumours or lies about someone (online or in person)
- o hurting someone physically by pushing, hitting, slapping, ganging up on or restraining them
- o excluding someone from a group (online or in person)
- o harassing someone because of their race, sex, religion, gender or a disability
- o sharing embarrassing photos of someone online
- o posting mean things about someone on social media
- o harassing someone online with comments or DMs, or in person by intimidating them or following them.

show up

**Bullying is deliberate behavior that is usually repeated and causes harm to someone else. It can be verbal, physical, psychological or social. It can happen in person, or online. It can either be really obvious, or it can be hidden from others. It can be an individual person doing the bullying, or a group of people, who have greater power over someone else.**

**Bullies also creates fights between your friends so you can be even more depressed.**

Sumer

**Bullies can tease you on your appearance and can make you feel ashamed of yourself, they can spread fake rumours if you don't do their work, hurting someone, insulting someone on their status.**

**They also take your food and stuff by blackmailing you**

Sumer

**Bulling can also be called as ragging**

**The difference between friendly ribbing and bullying**

**a bully can abuse someone physically or verbally, which can hurt the other person either physically or emotionally.**

emotional

**Bullies are imature who try to make fun of people and think it is cool 😏**

**Bullies make you feel bad and humiliated and can blackmail you when you have a deep secret**

true - ANONYMOUS

**Fighting**

that's it - ANONYMOUS

? - ANONYMOUS

**bullies make fun of other kids and make them feel insecure and humiliated.**

- Ania

**Let's Share.**

Give examples of the things that 'bullies' do.

depressed - ANONYMOUS

make you feel bad about yourself - ANONYMOUS

Vilakshan fighting - ANONYMOUS

**Calling with other names and making fun**

**Parth Sharma**

Bullies try to annoy, irritate, humiliate others usually because they feel insecure about themselves. Eg- Jack

**They make you do work for them. They can even make you depressed if they have a very personal secret of yours.**

Sumer.

**Let's think deeply and write**

Complete the prompt: "We are..." (think of your shared beliefs, you ALL must agree on what you write.)

**Room 1- Adya, Jyoti, Kurush, Poorav and Sahaj C**

Favourite colours because they have deep meaning, Art helps us with stress, Music helps us when we are angry, Care about specific people, Playing Badminton, NOT discriminative, Kind to people sometimes, Cycling, Winning in races while the boys lose, Care about our hair, We are monstrous but friendly.

**Kurush, Adya, Jyoti, Poorav, Sahaj.C**

We all like to play badminton  
 We all like to do art n craft  
 We all like music  
 We all like cycling  
 We all like running  
 We all are too caring for our hair  
 We all are friendly  
 We all like the color Blue

**Aarav, Shivansh, Ansh , Ansh And Shaurya Similarities****IDENTIFYING SIMILARITIES & DIFFERENCES**

By Jennifer Jones, Like Math's Elementary  
 Based on the work of Robert Marzano's  
**Classroom Instruction That Works**  
 ©2009

All Of Us Are Athletic.  
 We All Like The Same Subject(Mathematics)  
 We All Our Creative  
 We All Like To Play Video Games

**Room 2- Sahaj Ahuja, Angeelina, Deviena, Azlan and Vivvan Raina**

Things we have in common:-

- 1) We all are kind
- 2) We all like to make friends
- 3) We love to read
- 4) We all are punctual
- 5) We all are creative
- 6) We all love sports
- 7) We all love school
- 8) We respect all our teachers
- 9) We all like learning new things
- 10) We all trust each other

### Let's think deeply and write

Complete the prompt: "I am..." (think of your qualities, things that are unique to you and attributes of your personality that you love)

Baseball bgmi I am good

I am very helpful, I am very creative, I am attracted to reading English novels, I am very confident, I am a self reliant person, I have good subject grasping power and I am really good at making friends.



Kurush Biswas

Aarav

I am Kind.  
I am good at concentrating.  
I am good at every sport.  
I care for everyone.  
I do not do partiality in someone.

Sahaj Chandna

I am Punctual  
I am sporty( Football, Basketball)  
I am confident  
I am good in Yoga  
I am caring  
I am good at Grasping things.

Adya

I am imaginative,  
I am sporty because I run a lot,  
I am good at Math, only a few topics,  
I am not gullible, you have to earn my trust,  
I am a great listener,  
I am not discriminative, I judge people how they are on the inside, not the out,  
I have a great voice as people tell me,  
I am rude at times,  
I sometimes consider myself a genius,  
I love irritating my sister,  
I have a lot of sympathy for people in my life,  
I am good at grasping things and topics,  
I am talkative,  
I am confident,  
I can twist my tongue to ways and no one else is able to do it,  
I am a curious,  
I love being sneaky and sometimes stealing (from my sibling),  
I can turn my left eye green,  
I get angry when people mess with me or my family,  
I love my family.

Poorav Chandna

i am good at science

Poorav Chandna

i play lawn tennis and i also like to draw and nowadays i am pro in it

Angeelina Agarwal



I'm cute, very punctual, creative, kind, secretive, and supportive.

I play Badminton.

I love my family more than friends.

I'm a little bit afraid & sad about my friendship & friend.

I love dancing, learning cooking, and baking from YT & singing with the songs.



I play very good BGMI

Azlan



I made this webpage in CS

I am good at PPTs, I am honest. I'm good cutter and I love cycling. One attribute I love in myself that I always listen to my adults and am a self learner and I am always interested in Computer Science.

I am:-

Punctual  
Focused  
Good grasping power

Maira Seth

I am good at grasping things easily in any subject

I am very good at badminton, art and cricket.



Kurush

I am good arts

I am good at defending my friends  
I like to sleep, cycling and sing  
I am two faced  
I like to smile for no reason  
I like to talk a lot  
I am good with advises  
I like to be an idiot sometimes  
I like to run and skateboard

Jyoti

My Qualities



I Am A Confident Person  
A Quick Learner  
A Athletic Person  
A Curious Person  
A Skill Full Person  
And A Adventurous Person

Shaurya

Vivaan Raina

I am very creative, athletic, punctual. I have good grasping power and I love to read books, I am good at studies. I am hardworking. I love to play badminton. I have good conception when I draw.

I play good baseball  
I am a pro in BGMI

**Let's think deeply and write**

Complete the prompt: "We are..." (think of your shared beliefs, you ALL must agree on what you write.)

**Room 1- Adya, Jyoti, Kurush, Poorav and Sahaj C**

Favourite colours because they have deep meaning, Art helps us with stress, Music helps us when we are angry, Care about specific people, Playing Badminton, NOT discriminative, Kind to people sometimes, Cycling, Winning in races while the boys lose, Care about our hair, We are monstrous but friendly.

**Kurush, Adya, Jyoti, Poorav, Sahaj.C**

We all like to play badminton  
 We all like to do art n craft  
 We all like music  
 We all like cycling  
 We all like running  
 We all are too caring for our hair  
 We all are friendly  
 We all like the color Blue

**Aarav, Shivansh, Ansh, Ansh And Shaurya Similarities****IDENTIFYING SIMILARITIES & DIFFERENCES**

By Jennifer Jones, Like Minds (Barnaby)  
 Based on the work of Robert Marzano's  
**Classroom Instruction That Works**  
 ©2009

All Of Us Are Athletic.  
 We All Like The Same Subject (Mathematics)  
 We All Our Creative  
 We All Like To Play Video Games

**Room 2- Sahaj Ahuja, Angeelina, Deviena, Azlan and Vivvan Raina**

Things we have in common:-

- 1) We all are kind
- 2) We all like to make friends
- 3) We love to read
- 4) We all are punctual
- 5) We all are creative
- 6) We all love sports
- 7) We all love school
- 8) We respect all our teachers
- 9) We all like learning new things
- 10) We all trust each other

# Plan of activities:

<b>PLAN - Anti-Bullying Campaign for Grades 4-11 called 'The Safe School Space Project' (Week 6th -10th December)</b> <a href="https://docs.google.com/spreadsheets/d/1nQQq6-YisJRw6XZBxceOUCYs02AF5FMlXnJZp69MzeY/edit#gid=733494858">https://docs.google.com/spreadsheets/d/1nQQq6-YisJRw6XZBxceOUCYs02AF5FMlXnJZp69MzeY/edit#gid=733494858</a>		
<b>THE PLAN: Structure and Layout</b>		
Mode of Intervention	Assigned Days of the Week	Teams
Safety Lessons (Grades 4-5)	6-10th December	HRTs of Grades 4-5 - <b>Tanya Ma'am to support</b> Ms. Neeta Joseph Ms. Garima Grover Ms. Ela Mishra Ms. Neha Gupta Ms. Sonal Ms. Surbhi Maini Ms. Angeleena Ms. Jasleen Ms. Krati
SEE Learning (Grades 6-8)	Every Thursday and Friday (Starting from 18th Nov)	SEE Learning Team for Middle School- <b>Ms. Himani to guide and support about topics and activities to be taken up</b> Ms. Ashneet Ms. Sonu Ms. Sonu Ms. Apoorva Ms. Kilkam Ms. Mahima Ms. Himani Mr. Punit Ms. Bonny Ms. Issani
Pastoral Care Circle Time (Only for Middle & Senior School)	Every Wednesday & Thursday (Starting from 17th Nov)	<b>Activities to be disseminated to the team members by Ms. Manisha &amp; Ms. Himani every week-</b> Ms. Sapna Ms. Himani Ms. Apoorva Ms. Nishant Ms. Geetika Sethi Ms. Megha Bohra Ms. Garima Sharma Ms. Chinar Banga Ms. Chetna Sehgal Ms. Ashneet
Co-Scholastic	As per the Time Table	Leads can share the elaborated plan ( <b>sheet titled 'co-scholastic collaboration</b> ) with the following educators according to their cohorts: <b>ART-</b> Mr. Sanket / Mr. Amal <b>THEATRE</b> - Mr. Abhishek / Mr. Noel (Primary) <b>MUSIC</b> - Mr. Joshua/ Ms. Aishwarya/Mr. Kounik

		<b>PSYCHOLOGY</b> - Ms. Ashneet <b>ENGLISH</b> - Ms. Sapna / Ms. Tina / Ms. Prerna <b>IT</b> - Ms. Shivali/Mr. Akhil
<b>Plan of Action</b>	Incorporating themes about bullying and unkind behaviour toward others through these three modes of interactions with children - <b>SEE Learning, Pastoral Care &amp; Co-Scholastic</b>	<b>Middle School - Ms. Himani Bishnoi &amp; Senior School - Ms. Manisha Massey</b> to follow-up, coordinate, support and help.
	<b>Liaison with HRTs, and SEE Learning Facilitators every week</b> to disseminate the activities and resource materials to address these concerns	
	If Possible, virtually connecting/attending these sessions in person and collecting feedback from the assigned facilitator - <b>SUPPORT FROM MS. MANISHA, MS. TATIANA &amp; MS. HIMANI CAN BE SOUGHT</b>	
	Using feedback systems/activity prompts in such a manner that we could lay our hands on the impact that it creates (e.g. random acts of kindness collection on board, leaving compliments anonymously in a jar) - <b>PADLETS, NEARPODS, OTHER SIMILAR SOURCES</b>	
<b>Coordinators</b>	<b>Middle School - Ms. Himani Bishnoi</b>	<b>Primary – Ms.Tatiana Arteyeva</b>
	<b>Senior School - Ms. Manisha Massey</b>	

### CO-SCHOLASTIC & CROSS CURRICULAR COLLABORATION

**\*Educators are welcome to come up with suggestions other than the below-mentioned activities or modify these to target bullying through their domains\***

<b>Cohort</b>	<b>Domain</b>	<b>Suggested Activity</b>	<b>How to conduct:</b>	<b>Coordinator</b>	<b>Team</b>
Middle & Senior	<b>Circle time along with the assistance of IT Educators</b>	<b>POSTER DESIGNING</b>	1. As students to design posters based on their own perspectives about 'how we can combat bullying and associated situations'. Some suggestions could be: *The behavioural targets *The ethos of our school community *How one handles bullying *How we can create a more compassionate environment *What safe space means?	Ms. Himani	HRTs to give out the information and instructions to children during circle time. Children can connect with <b>Ms. Shivali</b> for any assistance or help.

Across Grade s	English/Literature Educator	RESPONDING TO FICTION	1. Ask the students to think about any novel, poem or play (or one which they have read recently) about bullying/struggles faced by someone. (You can also provide examples of some lessons based on the same theme) Get them to discuss the following with a partner: • Who was the protagonist? • In what way did they form alliances with supporting characters? • How were they portrayed? What image do they conjure? • How did the alliance help the protagonist to overcome the main conflict in the story? • If no alliances were made, consider what could have been achieved if this had happened. • What happens to the antagonist in the end? Would you like to be them? Why/why not?	Ms. Himani	Depending on the cohort, specific English educators can be assigned to pick up this activity in one of their lessons <b>(Ms. Sapna / Ms. Tina / Ms. Prerna)</b>
Senior	Debating (Tentative)	DEBATING THE CROWD	<a href="https://www.youtube.com/watch?v=eCmCtDtZ47M">https://www.youtube.com/watch?v=eCmCtDtZ47M</a> We recommend you watch the video first. Watch the video about following the crowd. Get the students to split into two groups. The two groups must debate the following questions for and against. Questions for the students: <ul style="list-style-type: none"> <li>• It is too difficult to stand out from the crowd and not look abnormal?</li> <li>• You are always responsible for your actions because you are responsible for your thoughts?</li> <li>• He talks about the pressure to conform. What are the pressures society put on people to follow the crowd?</li> </ul>	Ms. Manisha	<b>Ms. Meenakshi</b>
Senior	Psychology Educator	THE BYSTANDER EFFECT	<a href="https://www.youtube.com/watch?v=Wy6eUTLzcU4">https://www.youtube.com/watch?v=Wy6eUTLzcU4</a> The bystander effect occurs when the presence of others discourages an individual from intervening in an emergency situation or against a bully. Get students to watch the clip: Discuss the theory presented in the video that people are less likely to help when they are in groups? What does it say about human instincts? This is a light hearted video but discuss bystanders in bullying situation. Discuss what the barrier to intervening in bullying situations are. Especially focus on how to be an upstander in a safe way.	Ms. Himani	<b>Ashneet Ma'am</b> can use this activity in her psychology lesson with the senior grades
Across Grade s	Art Educator	ANTI BULLYING FLAG COLLAGE/ CANDLES	<b>1. Collage:</b> Ask students to design an eye-catching flag that features a symbol of unity. They may use as many or as little colour as they wish. Ask the Head teacher to designate an area, preferably the assembly hall, to create a collage of all the flags. <b>OR</b> <b>2. Candles :</b> Go-round: "Each one of us has	Ms. Himani & Ms. Manisha	Depending on the cohort, specific art educators can be assigned to pick up this

			<p>a little light inside of us. What’s your little light that you bring to yourself, your friends, your family, our class community, our school or the world?”</p> <p>Using the art materials you have prepared instruct students to create their “little light” art project. Students will use construction paper to represent a candle and a flame. Have students draw either a picture of themselves, head to toe, or a large drawing of their hands. Students will glue the candle so their hands are holding it. Above the picture, students write “My little light is…” and add their own idea.</p> <p>Bring students together to share."</p>		activity in one of their lessons ( <b>Mr. Sanket/ Mr. Amal</b> )
Across Grades	<b>Theatre Educator</b>	<b>FLASHBACKS / TAKE A STAND</b>	<p><b>1. FOR MIDDLE AND SENIOR GRADES: Flashbacks :</b> Using flashbacks or flash forwards creates a context – it shows what led up to a particular moment, how it might be resolved or how it might develop. A setting is given, such as a playground or classroom. Pupils are asked to think of still images related to bullying. The group stands in a circle and one by one participants step in and make a still image as part of a developing tableau. Nothing is pre-planned. When sufficient characters have been added, thought tracking can be used to establish a little more about the characters. <b>OR 2. FOR 4th AND 5th GRADES: Take a Stand:</b> This activity enables pupils to explore their own opinions and understand how others feel about bullying. Set up two chairs with “Agree” and “Disagree” signs. Read out one statement at a time and ask the children to place themselves according to what they believe, stressing that there is not always a “right” answer. Pupils standing near each other can discuss their decisions and random students can be picked out to explain why they have chosen their particular location. Following this, children can change position if they have formed a new opinion.</p> <p>Suitable statements include:</p> <p>It’s best to keep it a secret if you are bullied.  If you see somebody in trouble you should try to stop the bullies.  It’s OK to call someone a name if you are only joking.  It’s better to tell a friend about bullying</p>	Ms. Himani & Ms. Manisha Massey	Theatre educators based on the cohorts they teach in, can take up the activity during their lessons ( <b>Mr. Abhishek / Mr. Noel</b> )

			<p>than to tell the teacher. If you ignore bullies they will go away. Anyone can be a bully.</p>		
Across Grade s	<b>Music Educator</b>	<b>TRYING MY BEST: BE KIND, EVERYONE IS GOING THROUGH SOMETHING YOU DON'T KNOW OF</b>	<p><a href="https://www.youtube.com/watch?v=6jJD_bXymR0">https://www.youtube.com/watch?v=6jJD_bXymR0</a> - Upper middle &amp; Senior School Children <a href="https://www.youtube.com/watch?v=H98Rfljxmsc">https://www.youtube.com/watch?v=H98Rfljxmsc</a> - Can be used with Primary Children</p>	Ms.Himani & Ms. Manisha Massey	Music teachers across grades can use specific songs depending on the grade and understanding level of the child to spread the message of kindness and making the school a safer place for everyone (Ms. Aishwarya / Mr. Kounik / Mr. Joshua)
Across Grade s	<b>Sports Educator</b>	<b>TEAM BUILDING FOR RESPECT &amp; KINDNESS</b>	<p><b>1. Trust Walk</b> - The ideal playing area is a safe, enclosed outdoors area (like a backyard or small park), in which there is a start area and finish area. One kid is blindfolded and spun around (not too fast – we don't any kids getting dizzy!). Move the kid around a few steps so that he isn't in the same exact position as he was before. Then have another kid come over and act as a guide. The guide must get the blindfolded kid to get to the finish area – but he can't touch him, and can only give verbal cues. <b>OR 2. Get to Know You Ball</b> - Take the ball of your sport (or use a beach ball), write numbers randomly on it and throw it around a circle. Whoever catches it looks for a number under one of their fingers that corresponds with a question they get to ask a teammate such as, "What is your favorite movie?" or "What is your favorite sports team?"</p>	Ms. Tatiana	<b>Mr. Jaydev / Mr. Harsh</b>
Across Grade s	<b>Dance Educator</b>	<b>DANCE IT OUT</b>	<p><b>1.</b> <a href="https://youtu.be/kOEHjMUJu30">https://youtu.be/kOEHjMUJu30</a> - Preparing a dance routine on a song that talks about differences and diversity <b>2.</b> <a href="https://www.youtube.com/watch?v=Msl2fI3h59I">https://www.youtube.com/watch?v=Msl2fI3h59I</a> - Count on Me (Could be used with younger kids to focus on how we can be</p>	Ms. Himani	<b>Ms. Bhargavi / Ms. Divya / Mr. Manoranjan</b>

			'good friend to one another and have each other's back in difficult times')		
Across Grade s	<b>Editorial Team</b>	<b>BUTTERFLY TIMES</b>	Articles and Stories to be collected and published about creating an accepting, kind and safe atmosphere for each other, how to manage bullying	Ms. Tatiana	Information to collect articles, essays, posters, poems etc. to be sent to the students and editorial teams so one section could be dedicated to anti-bullying campaign
4-5	<b>HRTs</b>	<b>CIRCLE TIME</b>	Create badges and display on the boards outside the classroom	Ms. Tatiana	Coordinating with HRTs

---

**End of the Document**