



The POWER of STRIPES



Writing a Note of Kindness

KS1 PSHE

Imagine you have a friend who is being bullied. They are upset and in need of a friend.

1. Using the space below, write a short message of kindness that you think will make them feel better.



Cut me out!

Use a pair of scissors to cut out your note of kindness and give it to someone else. Don't forget to ask for help with scissors if you need it!

2. How do you think the person receiving this note will feel? Use the keywords below to help you.

Happy | **Positive** | **Cheerful** | **Valuable** | **Important** | **Loved** | **Hopeful**

My name: _____ **My age:** _____



The POWER of STRIPES



Writing a Note of Kindness

KS2 PSHE

Imagine you have a friend who is being bullied. They are upset and in need of a friend.

1. Using the space below, write a short message of kindness that you think will make them feel better.



Don't forget to think about:

- 💡 What words you should use in your message
- 💡 Whether you can offer help such as encouraging them to tell a teacher or parent
- 💡 What pictures or emojis you could include.



Cut me out!

Use a pair of scissors to cut out your note of kindness and give it to someone else.

2. How do you think giving someone this note will make them feel?

3. In pairs, discuss why you think bullying is bad. Write down your thoughts below.

My name: _____ My age: _____