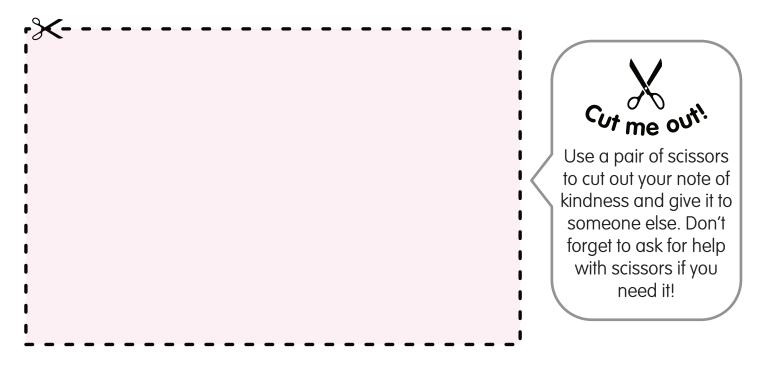


Writing a Note of Kindness KS1 PSHE

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.



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: .

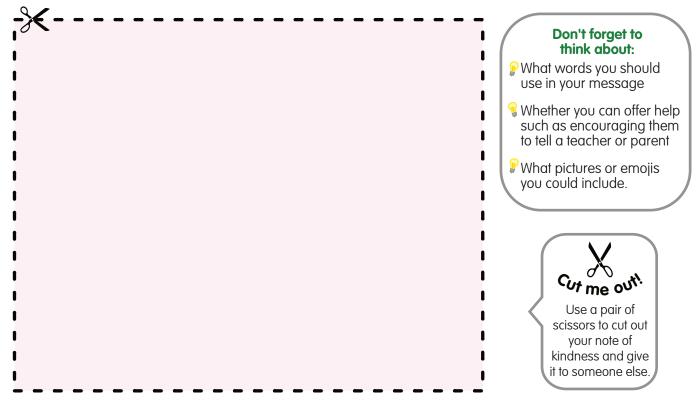




Writing a Note of Kindness KS2 PSHE

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.



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: