

PSHE

Week 3

Wednesday 18th November 2026



LQ: Can I describe what bullying is?



Steps to success

I understand how being bullied might feel.

I know what do to if someone was being bullied.

Star Word



anti-bullying

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Can you feel your tummy rise and fall as your lungs fill with air?

Do this several times. As you breathe out feel any worries or noisy thoughts float away over the hills and into the distance, like the sound of the chime.

Worries and noisy thoughts float away over the hills as you breathe in and out slowly and gently.

You feel happy and peaceful. Your mind is nice and calm and ready to learn.







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Starter

One side of the carpet is going to be yes. The other side of the carpet is going to be no. I am going to ask questions such as, do you like pizza? You will then hop to either yes or no depending on what your answer is.

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What is Anti-Bullying Week?

? It is an annual event that is held every November.

? It is an event that takes place in schools.

? It aims to raise awareness of bullying.



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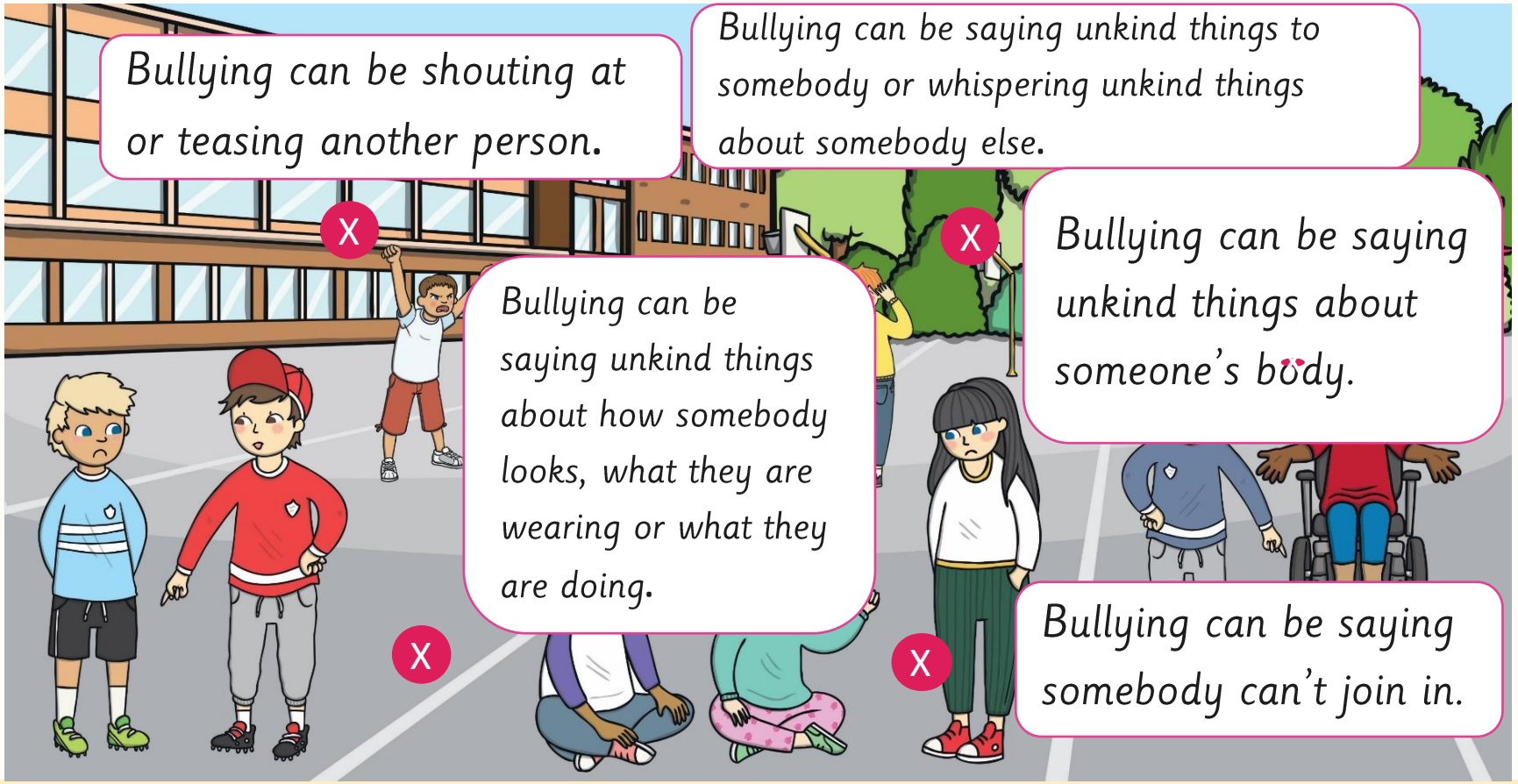
Remember, bullying is hurting someone on purpose, over and over again. It is not when an unkind thing happens only once.



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Bullying sometimes happens because we are different.



Bullies might be jealous of someone else's talents.



Bullies might be jealous of other friendships.



Bullies might feel angry or bad about themselves.



Bullies might have been bullied or might not understand what bullying is.

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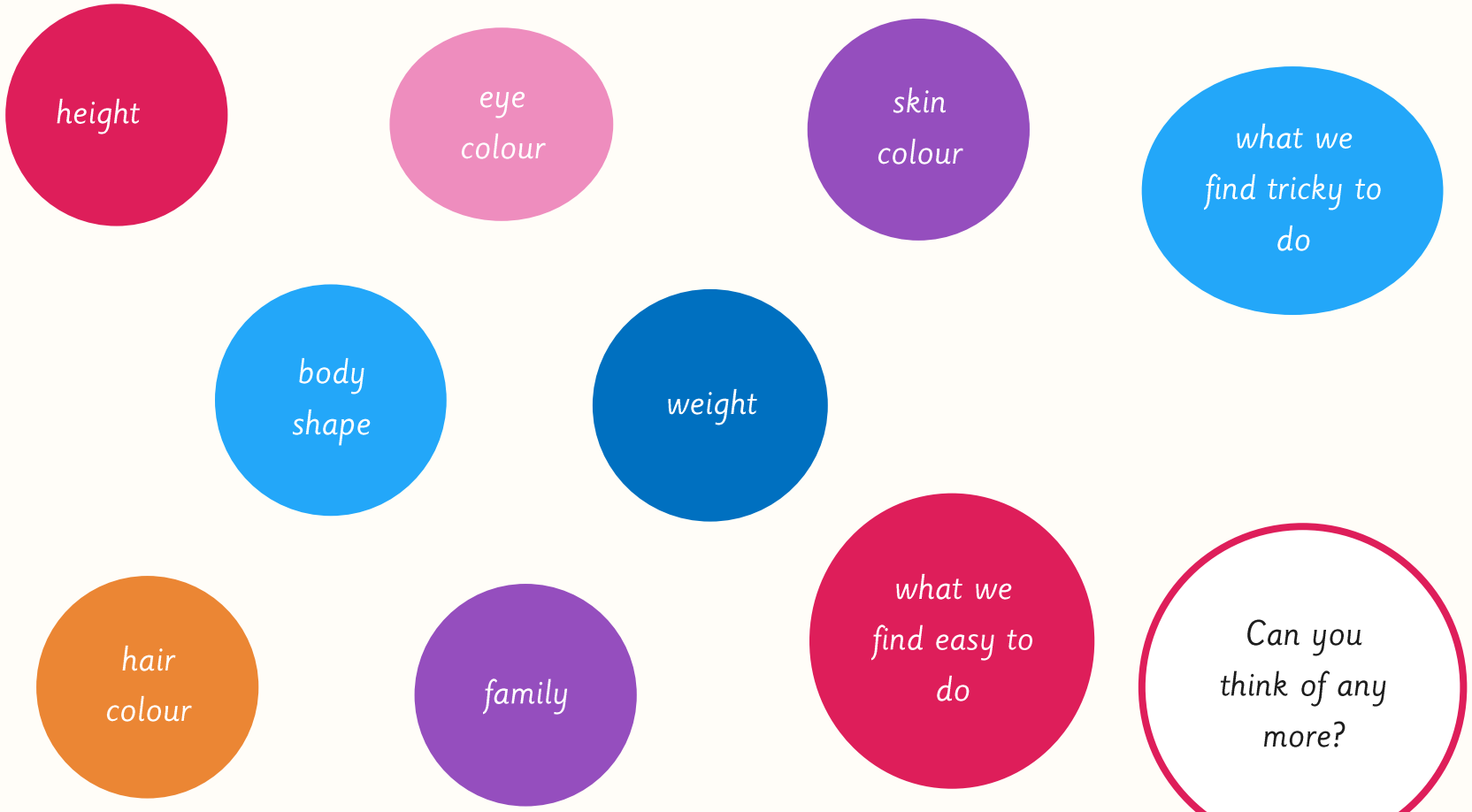
We are all different for lots of different reasons.



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TPs: What should you do if you are being bullied?

Stem Sentence: We should…



Somebody can always help.

Tell someone!



Even if it's not you being bullied, help other people around you. Ask if they are okay or if they need something.

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LQ: Can I describe what bullying is?

True or False?

You can tell somebody is a bully just by looking at them.	false
If you are a bully, you will always be a bully.	false
Bullies make people feel upset.	true
Nobody should be bullied because they are different.	true

Self Assessment

Do you understand what bullying is and what you do when you are being bullied?



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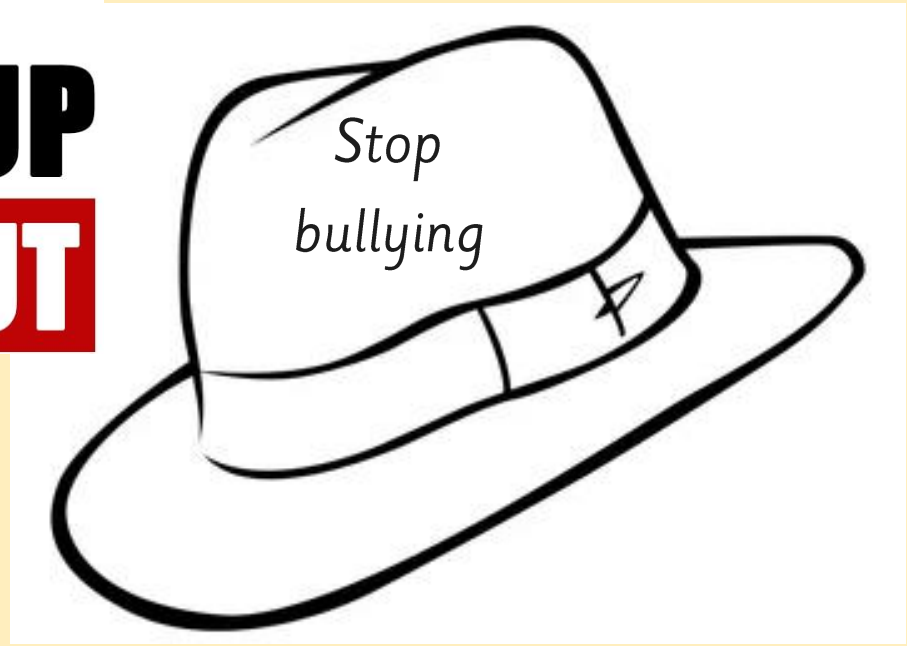
Task

You are going to think of anti-bullying slogans. You are then going to write your slogan on your anti-bullying hat.











Self Assessment

Do you understand the task?

