



Get help



Tell them to stop



Ignore



Move away



If someone is annoying you, take these steps...



Star Breathing



If you are finding something difficult, try using this star to help...

S

S is for Stop...

When you are faced with a difficulty, stop

T

T is for Take a Breath...

Take a few slow deep breaths to relax your body and mind

A

A is for Accept...

Accept that you are finding something difficult or need some help

R

R is for Restart...

When you are ready, you can try again or move on to something else



Bullying type behaviour is when all four of the actions below are confirmed...

Targeted

Behaviour is aimed at the same person or group

Repeated

Behaviour happens more than once

Physical/Emotional

Behaviour has caused physical and/or emotional harm

Intentional

Behaviour has been planned to cause harm

Additional wellbeing resources can be found on the PBS&P High Five Resource Hub



You can share some of your 'Happy Thoughts' with the people in school and at home.



Choose Kindness

Set yourself a challenge and try to do some of these kind acts everyday or try some of your own ideas...

- Smile at 10 people
- Help your Teacher
- Hold the door open for someone
- Tell a joke and make someone laugh
- Say 'hello' to 10 people
- Ask someone to join in
- Compliment 5 people
- Take care of someone

'We can't all be best friends but we can choose to be friendly to everyone'

If you experience or see bullying type behaviour...

Talk to someone you trust

- a friend
- parents/carers
- teachers
- lunchtime supervisors

Or send a private message through e.g. Seesaw, Google classroom, Dojo etc.

If a friend needs help...

- Thank them for talking to you
- Listen to their worry
- Tell them it was right to talk to you
- Encourage them to ask for help
- Go with them to talk to a trusted adult



Pupil Booklet

