

PSHE

Week 2; Celebrating Difference

Re-read Maya's story from last week.

- What would Maya be thinking and feeling when the bully comes up to her in school or when she logs onto a video game?
 - How did Jake react when he found out?
 - Whose side was Jake on?
 - How did Jake help in the end?
 - Imagine you are a witness in the story (a bystander like Jake) How would you feel as a bystander?
 - Write down all the feelings that other bystanders might feel.
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- **Calm me... sit up straight and close your eyes, think of your happy place. Remember to breathe like you've been practising at school during PSHE... Breathe in through your nose and blow out through your mouth about ten times.**

For next week find out what 'Internet Trolls' are, as we will be doing some more work on this subject.