

PSHE

Week 1; Celebrating Difference

- Write down how you are different to other members of your family (hair colour, eye colour...)
- Have you ever seen anyone being mean to someone else?
- Have you ever felt upset in the playground?
- Have you ever fallen out with a friend?
- Have you ever felt upset about how you saw someone else being treated in the playground?
- Why do you think one person might bully another? (Remember that bullying is different to a one-off incident because it is repeated over time and they deliberately hurt someone using unfair behaviour.)

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.

Now read Maya's story.

- How did the bullying start?
- Why was it hard for Maya and others to spot?
- What could turn a one-off incident into bullying? Can you spot that in Maya's story?