



Activity Sheet: Scenarios

“I saw the photos of your birthday party in the park. It looked like you had a really good time and got great presents”



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“Hi, I heard you were talking about my new hair cut in the class yesterday and you said I made me look really different to what you were used to”

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ACTIVITY SHEET: Emotion Cards

YEAR
5

Activity Sheet: Emotion Cards



Read it as though you are
feeling **ANGRY**

Read it as though you are
feeling **SAD**

Read it as though you are
feeling **HAPPY**

Read it as though you are
feeling **ANGRY**

Read it as though you are
feeling **SAD**

Read it as though you are
feeling **HAPPY**

Read it as though you are
feeling **DISSAPOINTED**

Read it as though you are
feeling **SURPRISED**

Read it as though you are
feeling **FRUSTRATED**

Read it as though you are
feeling **DISSAPOINTED**

Read it as though you are
feeling **SURPRISED**

Read it as though you are
feeling **FRUSTRATED**

Read it as though you are
feeling **UPSET**

Read it as though you are
feeling **EXCITED**

Read it as though you are
feeling **CONFUSED**

Read it as though you are
feeling **UPSET**

Read it as though you are
feeling **EXCITED**

Read it as though you are
feeling **CONFUSED**



Activity Sheet: Types of Bullying

Bullying is: when any of the behaviours listed below happen again and again to someone and it is hard for the person being bullied to stop this from happening. Some types of bullying include:



EXCLUSION

Exclusion

- Being deliberately ignored, left out or not allowed to join in



VERBAL

Verbal

- Cruel teasing, name-calling and making fun of and teasing others in a mean and hurtful way



PHYSICAL

Physical

- Being deliberately hit, kicked, punched or pushed around



PROPERTY DAMAGE

Property abuse

- Having money or other things broken or taken away



LIES OR RUMOURS

Lies or rumours

- Telling lies or spreading nasty stories about someone to make others not like them



CYBER

Cyber

- All of these ways of bullying using the Internet or mobile phone



THREATS

Threats

- Being made afraid of getting hurt, embarrassed or upset

Bullying is used by a more powerful person to cause fear, distress and/or other harm to a less powerful person who is unable to stop the bullying from happening.

*Approval for use and adaption by the Belong Project (Year 4, Focus 5: Behaviours that are bullying)



ACTIVITY SHEET:

Bystanders or Upstanders in Online Environments

YEAR
5

Activity Sheet: Bystanders or Upstanders in Online Environments

You post some new photos of you and your friends at a party online. One of your online contacts makes some rude comments about how your friend looks in the photos.

How do you feel?

What do you do?

You receive an email of an edited picture of a classmate with a message urging you to add something nasty and pass it on.

How do you feel?

What do you do?

A text message is circulating through the class declaring that two of your friends are going to fight behind the shed at lunch and to be there. You know they don't want to fight.

How do you feel?

What do you do?

One of your classmates has a silly photo of another student as their profile picture. He is encouraging everyone else to save the photo and use it as their profile picture too. Many students have done so.

How do you feel?

What do you do?

Some kids in your class are sending a student lots of snapchats. It is just for fun, but the student is very annoyed as they keep getting snapchat notifications.

How do you feel?

What do you do?

How do you feel?

What do you do?

A student in your class is laughing and showing everyone a video on their phone of another student crying.

How do you feel?

What do you do?

A group of your friends play the same online game. You organise to meet online and play on Tuesday nights. Another student outside of the group wants to join in, but your friends refuse to let her.

How do you feel?

What do you do?

You and your friends like to post on a skateboarding Vlog. One night you see negative comments made by another follower on a comment started by your friend.

How do you feel?

What do you do?

Your school has a swimming carnival and everyone has to swim in at least one race. One student in your class isn't a very good swimmer, but she does her one race anyway. Later a mobile phone video is posted on YouTube showing how bad she was in the race.

How do you feel?

What do you do?

You are in a group chat, talking to some kids from school. One person is only responding to your friend's messages and all he does is pick apart what she says and try and make her look bad.

How do you feel?

What do you do?



How do you feel?

What do you do?

* Approval for use and adaption by the Belong Project (Year 6, Focus 5: Bystanders to bullying)