



ONE KIND WORD



This week is Anti-Bullying Week and the theme is 'One Kind Word'.



Can you think of a time when someone has shown you kindness? Write what they did below, and then write down **one word** describing how you felt.

What they did:

How I felt:



Your words can be powerful - one kind word can make someone's day, or let them know they aren't alone. This week, we want you to use your words to spread kindness.

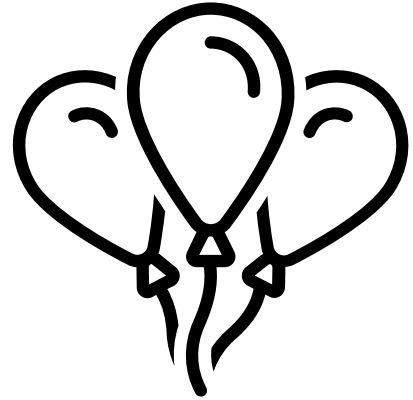
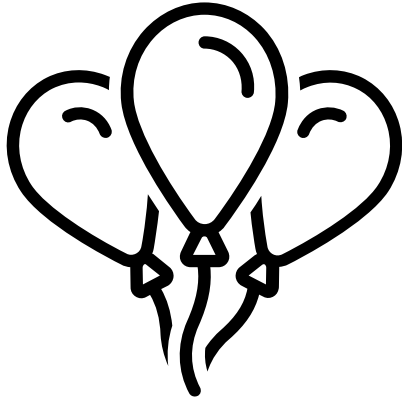
Write down 2 kind things you've said to someone this week.

1.

2.



KINDNESS COLOURING SHEET



KINDNESS
HELPS
EVERYONE

