



Anti-bullying Lesson Plan



(Running time 1hr+)

*all times are approximate. It may be appropriate for your group to spread this plan over a couple of lessons/ spend longer on items/ set a task as homework etc *

Appropriate for Reception–Year 2/ KS1

THEME: All different, all equal.

Starter:

- CLASS EXERCISE: What does being different mean?
 - Create a class idea of what it means to be different.
- CLASS EXERCISE: looking at our differences (personality and physicality/ body and mind)
 - Look around you. What are some of the differences between you and your classmates?
 - Create a mind map in your group of what differences there may be between people. (5-10 mins)
 - Discuss as a group the ideas people have come up with. (5 mins)

KEY POINT: Everyone is different. Although we may have more in common with some people than others we all have differences and this is to be celebrated.

KEY POINT: The differences people notice will be different from each other. What one notices, another may not.

KEY POINT: Remember, whatever our differences, we are actually more similar than we are different!

Key concepts: words and ideas associated with being different.

Key concepts: different is positive. Difference is not bad!

Task 1:

- CLASS EXERCISE: 'I need a link' game (10 mins) **make sure there is a clear space large enough for everyone to be in with room around them.*
 - everyone sits facing the space. One person starts by saying 'I need a link who...' and they pick an attribute or trait that someone else in the class has, e.g. 'I need a link who likes football/ has a sister/ has blue eyes' etc. Anyone this applies to can then offer to link on (by raising their hand) and the teacher can pick one of these people to 'link on' to the asker in any way they like e.g holding hands/ lying down with head touching foot (anything goes as long as the children are comfortable and actually make contact). The person who just linked on then starts over and asks for a link of their own. This can be done until the whole class has linked on. Teacher to encourage or give inspiration as necessary.

KEY POINT: even people who aren't friends will have things in common. The people we share things with may surprise us. People may not have noticed similarities between them until they really think about it. Not all similarities are immediately apparent. Actionwork encourages positive outlook on self and others and the celebration of individuality.

Key concepts: encouraging appropriate physical contact; noticing similarities between peers and not just recognising that we have things in common with our friends.

Task 2:

- CLASS EXERCISE: 'I love my neighbour' (10 mins)
 - everyone sits in a circle on a chair. One person starts in the middle and their chair is taken out of play. The person in the middle then says 'I love my neighbour who...' and they pick an attribute or trait that someone else in the class has, e.g. 'I love my neighbour who likes chocolate cake/ watches paw patrol/ has brown hair' etc. Anyone this applies to then has to stand up and quickly find another chair. The person who does not find a chair then becomes the asker.

KEY POINT: lots of people will have similarities and differences and this is interesting and positive.

Key concepts: celebrating similarities and differences

Plenary:

- PARTNER EXERCISE: Take 1 minute to talk about what you have learnt in this session (1 min)
- CLASS SHARE: ask a few people to share what they have learnt with the class (2 mins)
- CLASS SHARE: ask a few people to share something they found out about someone. Encourage children to celebrate and positively talk about their similarities and differences.

