



One Kind Word

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As you colour in the picture below, think about how you could use words and actions to help others feel good, spread kindness and help stop bullying in its tracks.



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The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools:

- [CPD anti-bullying online training courses](#)
- Become a [United Against Bullying School](#) and enroll on ABA's free whole-school [anti-bullying programme](#) today