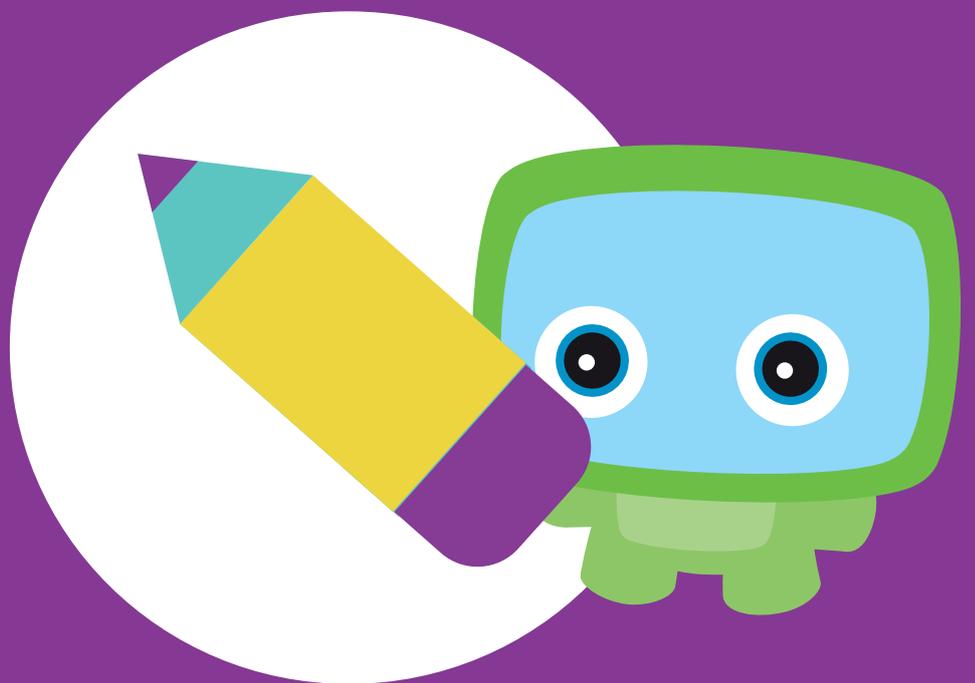


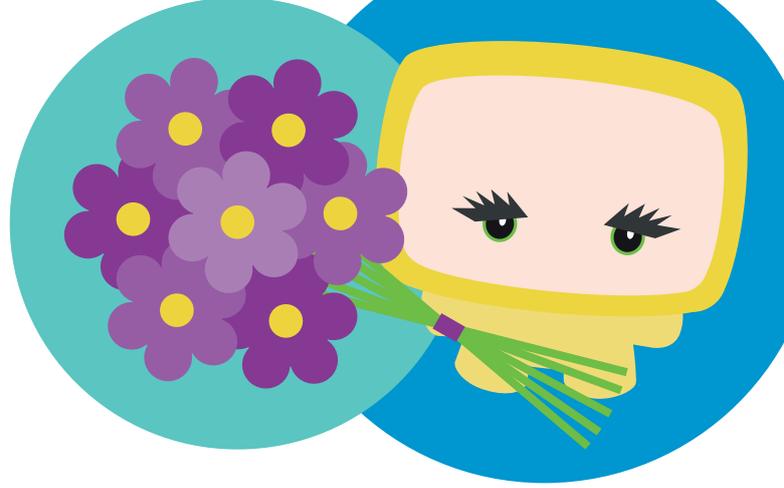
**Beat  
Bullying**

# **MY APOLOGY LETTER**

Lesson Plan

**KS1/2**





## My Apology Letter

For Anti-Bullying Week this year, BeatBullying wants you to band together to make bullying unacceptable. We want young people and professionals to understand that tackling bullying is everyone's responsibility. Our series of resources have been created to help your students understand both the difference they can make as an individual and the power of taking a stand collectively.

This lesson plan is designed for Key Stage 1 and 2 students, and has been created to help you encourage your pupils to explore their behaviour and the behaviour of others and the impact of this on how we feel. The lesson will also help your pupils to understand that bullying is complicated and that sometimes they can do things which are unkind which they should try to make amends for.

### National Curriculum links:

- PSHE/Citizenship
- Developing confidence and responsibility and making the most of their abilities
- Preparing to play an active role as citizens
- Developing good relationships and respecting the differences between people.

### Resources:

- Blank paper
- Colouring pencils
- Letter templates
- Banding Together pledge blown up to at least A3 (you could write it bigger on sugar paper!)

### Objectives:

- To know how it feels to be bullied
- To understand why bullying is wrong and how you can help to make bullying unacceptable
- To be able to reflect on your behaviour and take positive action to correct it.

# Beat Bullying

## STARTER (10 MINS)

Write the word 'bullying' on the board.

**Think/pair/share:** Explain how think/pair/share works - they will have one minute to think about the questions on the board; they will then have two minutes to discuss what they think with their partner. You will then use the rest of the time for everyone to share their ideas.

### Questions:

1. What is bullying?
2. What does it look like?
3. What does it sound like?
4. What does it feel like?



## MAIN ACTIVITY (40 MINS)

### Group work (10 mins)

Split your pupils into two groups - A and B. Now split each group into smaller sub-groups of around three to four pupils.

**Ask the A subgroups to draw a picture of a fictional bully, they need to include:**

- Name
- Age
- What they are like (their personality)
- What they like and dislike
- How do they feel about their bullying behaviour?

**Extension:** Try to get your pupils to think about these questions: Is the bully a bad person? Do they realise the effects of their behaviour? Do they act like this because they have problems at home or because they are being bullied themselves?

# Beat Bullying

**Ask the B subgroups to draw a picture of a fictional person who is being bullied, they need to include:**

- Name
- Age
- What they are like (their personality)
- What they like and dislike
- How do they feel about being bullied?

**Extension:** Try to get your pupils to think about these questions: how does being bullied affect them, what does it make them think about themselves? How might their behaviour change because they are being bullied?

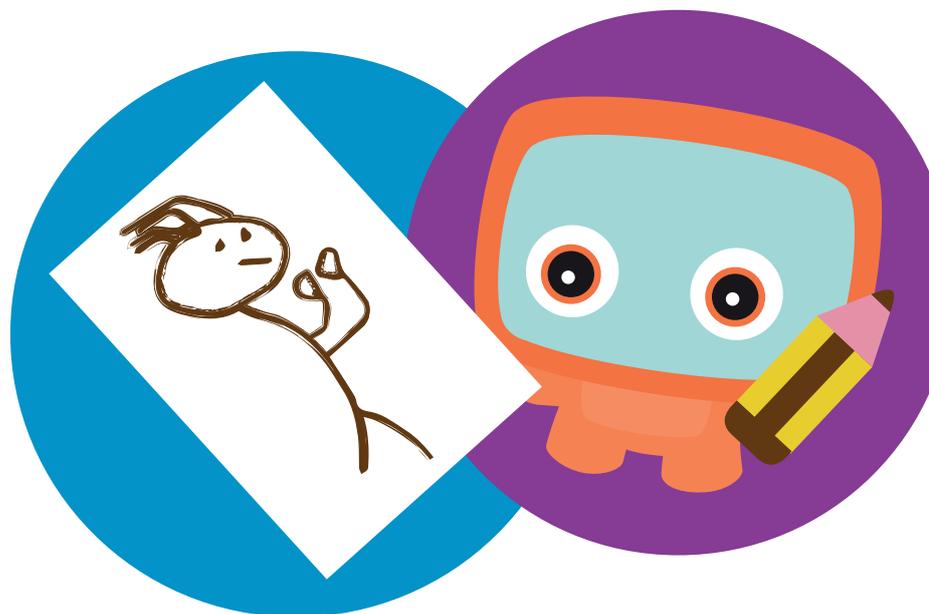
Give each group one or two minutes to introduce their character to the rest of the class.

## Discussion (10 mins)

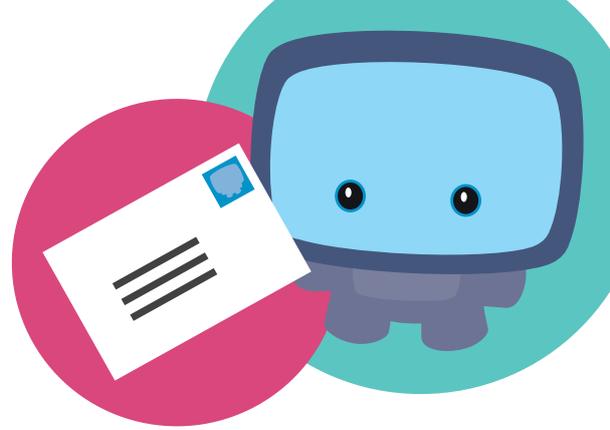
Now open this into a broader discussion about people who bully and people who are bullied. Encourage your pupils to share and make sure they understand why you are talking about this by linking back to the objectives.

**Key question:** Has anyone ever felt like any of the characters? Why?

The idea here is to get your pupils thinking about what might lie behind bullying behaviours as well as the impact that bullying has on victims. It is really important to make sure people are given an opportunity to reflect on how they have felt and behaved in the past.



# Beat Bullying



## Independent working (20 mins)

Ask your pupils to think about a time when they have been mean to someone or perhaps witnessed them being bullied and didn't intervene, and consider the impact that this might have had on that person.

They now need to write a letter of apology, explaining why they did what they did (for example: because they thought it was funny or they were angry with someone else) and letting them know that they are sorry. They do not need to use any names or reveal who that person is: the important part is considering the other person's feelings and showing that they are genuinely sorry.

We have included a letter template and word bank to support your students, but you may want to look at providing additional scaffolding for younger pupils.

- To encourage community buy-in to beating bullying you could encourage staff, and possibly parents, to contribute their own letters too.

## PLENARY (10 MINS)

Explain that using the drawings and letters from the lesson you are going to create a display in the classroom. This will be used as a way of remembering why it is important to think about how everyone treats one another and passing on what has been learned to other pupils, and showing that this is a place where people understand that bullying is wrong and will not be accepted.

### Brainstorm other ways that you could make it known that bullying is unacceptable in your school:

- What else could you add to the display?
- What more could teachers do?
- What more could parents and carers do?
- What could you do at break and lunch time?

The goal of this activity is to help your pupils to identify and use their power in positive ways that help and to work together to support others in their school and their community as a whole. Make sure everyone understands that you need to work together to make sure everyone is safe and happy and this is why you are making the pledge to "Band Together to Make Bullying Unacceptable".

Ask all pupils to sign the pledge board (you could also ask some pupils if they would like to decorate the pledge over break time to make your display even more eye-catching and powerful).



**LETTER TEMPLATE**

Dear .....

I wanted to write you a letter to tell you that I am sorry. (Explain what you are sorry for) .....

.....  
.....

I did it because.....

.....

At the time I felt .....

.....

I now understand I was wrong and know you must have felt .....

.....

I know I cannot change what I did but I want you to know I am really sorry.....

.....

.....

Yours sincerely

.....

# Beat Bullying

## WORD BANK:

confused	cruel	unsure	control	sad
angry	unkind	guilty	happy	strong
upset	powerful	embarrassed	wrong	miserable
jealous	lonely	furious	hurt	weak
unfair	mean	thoughtless	nice	scared

