



KWAZULU-NATAL PROVINCE

EDUCATION
PROVINCE OF KWAZULU-NATAL

ENDING BULLYING WITH KINDNESS



KINDNESS WORKBOOK

A SIMPLE ACT OF KINDNESS

*A simple act of kindness
can stop a million tears.*

*A little hug
can give so much joy.*

*A letter now and then to someone
can save so many wasted years.*

*We should hold every moment precious
and help as many as we can
with a simple act of kindness
every now and then.*

*The world would be a better place if
we all cared a little more.*

*Imagine how many smiling faces
would greet us at the door
if we extended that helping hand
with a simple act of kindness
that could spread across many lands.*

By David Harris



GUIDELINES FOR FACILITATORS

To counter bullying, we have placed kindness at the heart of our 'Join the Anti-bullying Crusade' programme. The purpose of the kindness workbook is to teach participants what kindness is and how to treat others with respect. This programme provides participants with hands-on activities that teach them how to be kind to one another. The workbook contains activities that require participants to actively participate in role-playing, discussions, sharing, and writing in order to gain insights and skills that will help them accept differences, resolve conflict peacefully, stop bullying among peers, and build a community of kindness. When learners are taught to be kind to others, they are less likely to engage in bullying behaviour.

What does kindness mean to you? – Provide participants with a definition of kindness (refer to page 4) and ask them to work in pairs/groups to explain what kindness means to them and give examples. The goal is to ensure that the participants gain an understanding of kindness and that it is a learned behaviour. Promoting kindness in children will give them a skill that will bring them happiness and empower them to make the world a kinder place.

Showing kindness – Participants must think about how they can use their words and actions to make others feel better, spread kindness, and put an end to bullying. Instead of teaching children what NOT to do, teach them what they CAN do in order to bring about change. By participating in this activity, participants will learn to be mindful of their thoughts and actions, and to show compassion for others. Kindness is something that needs to be taught and practiced. By teaching kids to practice kindness on a regular basis is a huge step toward ending bullying in schools.

Random acts of kindness challenge - The kindness challenge encourages participants to choose and perform a random act of kindness on page 5-6 each day, no matter how small, and to record it on their kindness calendar. Participants must record the act of kindness, how the person to whom it was directed reacted or felt about it, and how they felt. Facilitate a discussion and invite participants to report back in the next session. Taking this challenge will not only help participants develop a kind attitude, but will also help to make it a habit. The aim of this activity is to challenge them to find ways to incorporate kindness into their daily routine

Article on bullying – For this activity participants are to read the article on page 7 and discuss in groups, "what they think could be done at schools to make learners feel more safe, cared for and not feel threatened". The goal is for participants to develop practical strategies for making their schools bully-free and safe environments. Facilitate a discussion by asking probing questions.

I am a kind kid – Participants must label how they can use various parts of their bodies in a kind manner. For example, I can use my mouth to say kind words to others, smile at others, speak out against bullying, give compliments to others, say thank you, or say I am sorry. I can use my ears to listen to others who are bullied. I can use my hands to reach out to those who are being bullied and to give hugs to others when they feel sad and lonely. The goal is to teach participants how to use different parts of their bodies to show kindness in different situations. Facilitate a discussion and assist participants in identifying as many examples as possible. Emphasize the role of body language on the reaction of others and the tone of a relationship.



Take the friendship challenge - Friendship is one of the most important and formative types of relationships in an adolescent's life, so it is critical that they understand the characteristics that make them good friends. Participants must write down what makes them good friends and make a list of things they can do to be better friends in the tree blocks on page 10. Respect, support, honesty, supportive, trustworthy, kindness, and encouragement are just a few examples. A true friend treats you with dignity, and being around them makes you feel good. They have your best interests at heart.

Bill of responsibilities - The bill of responsibilities outlines key responsibilities related to bullying. Discuss each responsibility and ask participants what it means to them.

Kindness catcher – The kindness catcher is a fun way to inspire ideas for being kind to others. The kindness catcher instructions can be found on page 12. Participants will cut the kindness catcher on page 13 and follow the instructions on page 12.

Creating a world of kindness – Instructions for this activity are on page 12. The goal of this activity is to teach and encourage participants to make positive statements about themselves. Positive affirmations are one of the most effective ways to combat bullying. Children who bully frequently lack confidence and self-esteem. Children who think positive thoughts are less likely to bully others. Bullying victims frequently engage in negative self-talk, often repeating the bully's messages in their heads, such as "I'm a loser," which can lead to depression or even suicidal ideation. Instead, victims of bullying should tell themselves that the bullies' messages are untrue and replace them with more affirming messages. These statements will not only reaffirm their worth and positive self-image, but will also increase their overall resilience to bounce forward from a bullying situation. It is critical to understand that affirmations work best and internalized when they are practiced and repeated consistently. Encourage participants to continue practicing until the next session and allow them to report on their experiences and how they feel.

"In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying"
Anti-Bullying Alliance.

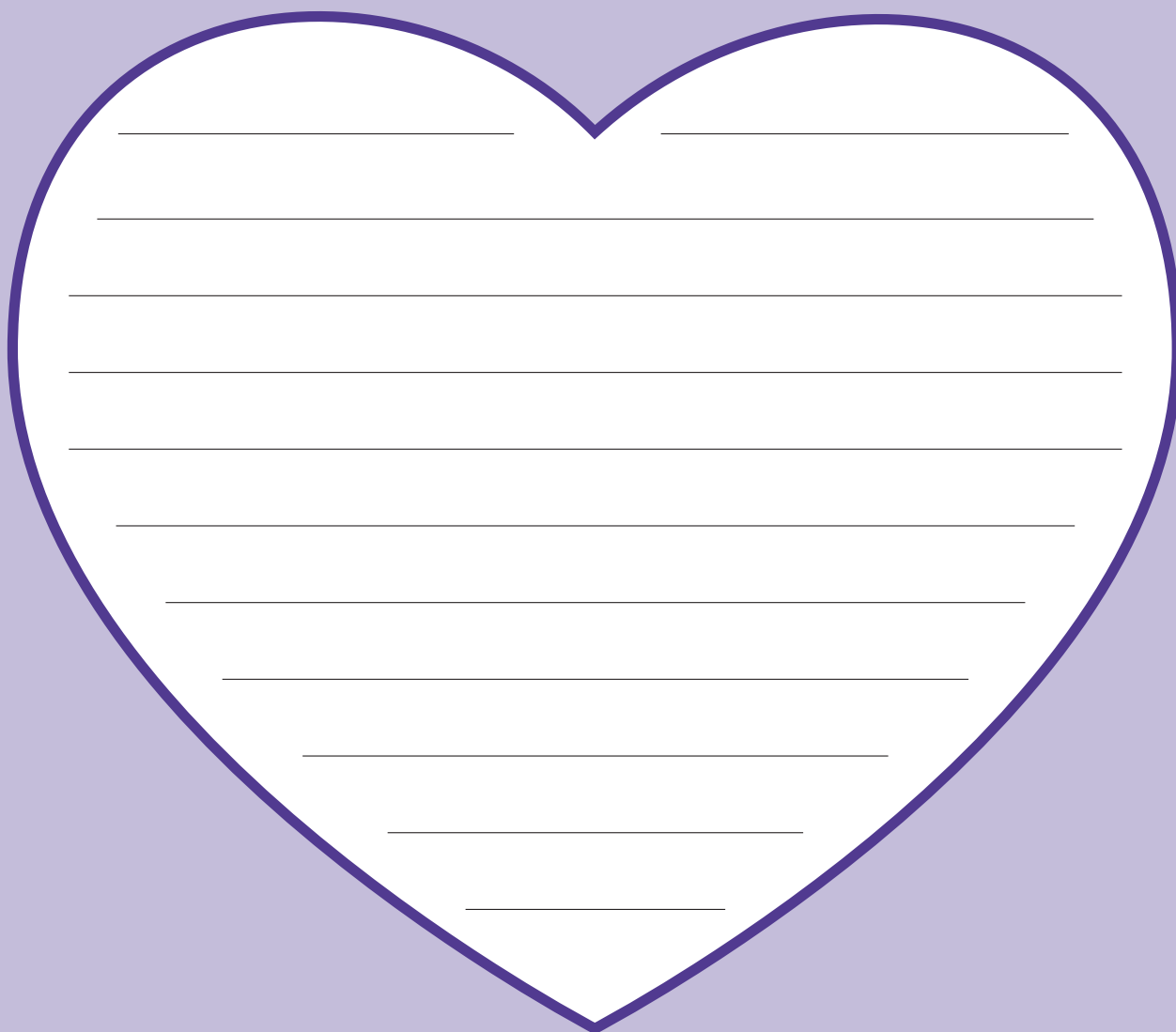


KINDNESS

Kindness simply means being friendly, helpful and caring for other people. It is an attitude and a habit. Kind people consider the feelings of others as well as their own, they assist those in need, and they are kind even when others are not. They simply treat others with kindness because they want to make them feel valued, feel they belong and to bring joy when situations are difficult. When people are kind, life is less threatening and relationships grow.

Acts of Kindness can promote happiness, reduce stress, and boost self-esteem for both the person showing kindness and the one receiving the kind act. The good news is that, like any other behaviour, kindness can be learned. Using this booklet, you will be able to learn how kindness can help stop bullying and how to demonstrate kindness to others.

WHAT DOES KINDNESS MEAN TO YOU

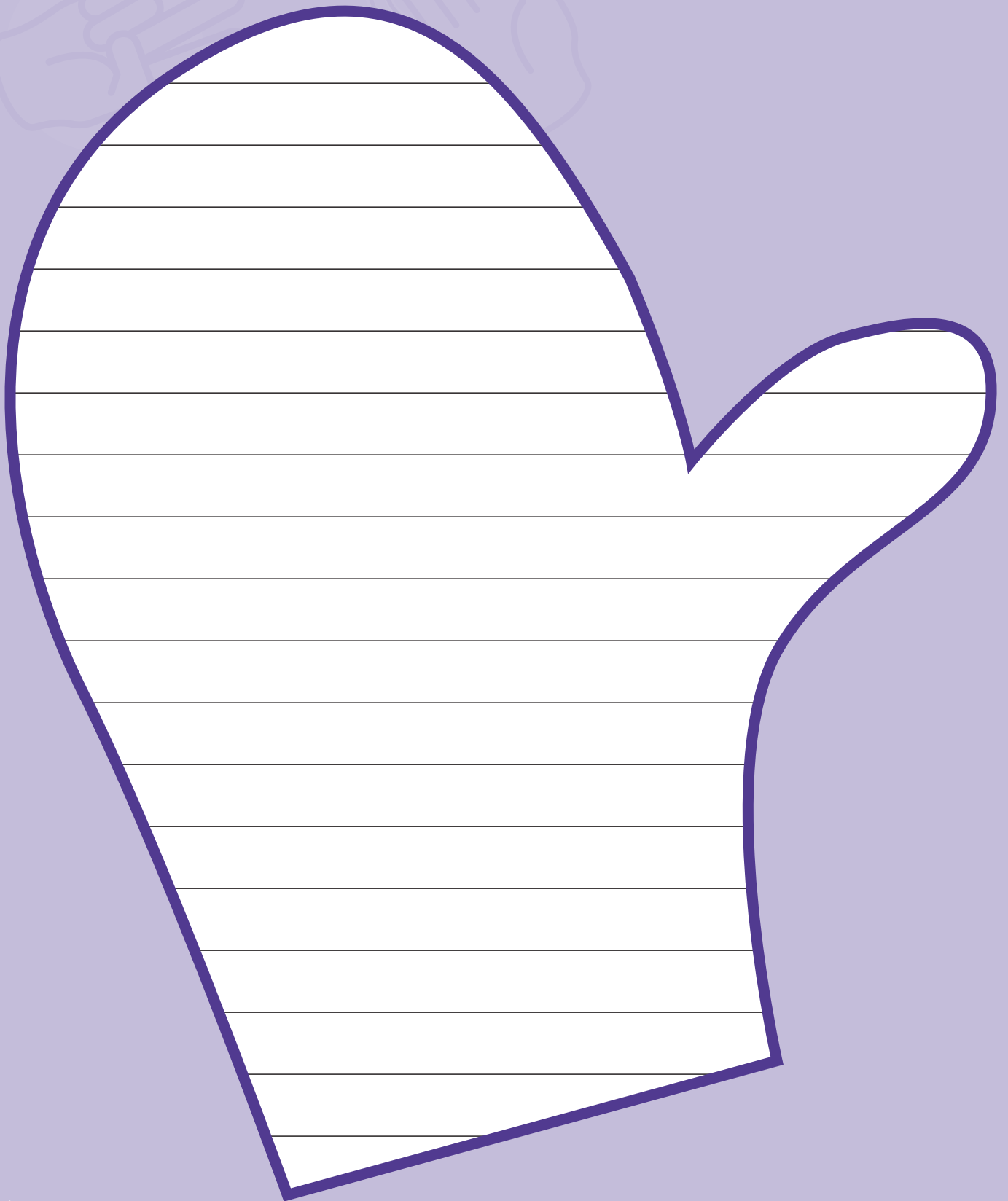


A large white heart shape with a dark purple outline, containing several horizontal lines for writing.



SHOWING KINDNESS

Consider how you can use your words and actions to make others feel better, spread kindness, and put an end to bullying. Write down your ideas. I can show kindness by...

A large, stylized hand shape with a thick purple outline, filled with horizontal white lines for writing. The hand is positioned with the thumb pointing to the right and the fingers pointing downwards. The background is a light purple color with faint, larger-scale hand icons.

RANDOM ACTS OF KINDNESS CHALLENGE

The Kindness Challenge involves challenging yourself to perform one random act of kindness every day, no matter how small. **Simply choose and perform a random act of kindness each day and record it in your kindness calendar (Annexure A).** Taking this challenge will not only help you to develop an attitude of kindness but also help to make it a behaviour that becomes a habit. By the end of this challenge, you will have done a lot to make the world a better place.

SMILE AT
THREE PEOPLE

MAKE SOMEONE
LAUGH

INVITE A CLASSMATE TO
PLAY WITH YOU

SIT WITH SOMEONE NEW
DURING LUNCH

SAY HI TO A NEW
LEARNER IN CLASS

COMPLIMENT A
CLASSMATE

BRING AN EXTRA SNACK
TO SHARE WITH A FRIEND

HOLD A DOOR
FOR SOMEONE

STAND UP FOR SOMEONE
BEING BULLIED

ASK A FRIEND HOW
IS HIS OR HER DAY

GIVE SOMEONE A
HIGH FIVE

LET SOMEONE GO
BEFORE YOU IN LINE

WRITE A NICE NOTE TO
YOUR PRINCIPAL

HELP CLEAN THE
CLASSROOM



RANDOM ACTS OF KINDNESS CHALLENGE

**OFFER TO HELP
ANOTHER LEARNER**

**ASK A FRIEND HOW IS
HIS OR HER DAY**

**WRITE A KIND OR THANK
YOU NOTE TO SOMEONE**

**PUSH IN YOUR
CLASSMATE'S CHAIR**

**WRITE A NICE NOTE TO
YOUR PARENTS**

**TELL SOMEONE A
REASON WHY YOU ARE
PROUD OF HIM OR HER**

**THANK YOUR PARENTS
AND TELL THEM YOU
LOVE THEM**

**ASK YOUR PARENT/S
HOW WAS THEIR DAY**

SAY THANK YOU!

**CLEAN UP ANY MESS
YOU SEE, WITHOUT
BEING ASKED**

**MAKE A PLAN TO HELP ANOTHER
STUDENT EXPERIENCING
DIFFICULTY AT YOUR SCHOOL**

**TELL YOUR TEACHER WHY
YOU ENJOY HIS/HER CLASS**

ENCOURAGE SOMEONE

**SAY SOMETHING KIND
TO ONE OF THE NON-
TEACHING STAFF**



ARTICLE ON BULLYING

Read the article below and discuss in your groups, the question on the next page.

A Whopping 96% of 1779 learners aged 11 to 18 years from eight Johannesburg schools who participated in a survey study expressed feeling unsafe at school.

"Four percent of the responses indicated no concerns in the school environment," said the study undertaken to inform the services and advocacy efforts of the Teddy Bear Foundation.

Published in the esteemed SA Journal of Education, the research study was produced by Tessa Hochfeld, Jeanette Schmid and Sheri Errington from the University of Johannesburg and Teddy Bear Foundation's Shaheda Omar.

"A quarter of the respondents suggested that they had experienced or witnessed bullying by peers such as their peers being beaten/beating them, removing food, stealing stationery from and insulting other learners," said the study.

"Learners were concerned about teachers being physically and emotionally abusive through corporal punishment, denigrating language and extorting money from the learners.

"Learners at a city school felt there were too few security guards protecting the school, highlighting their fears of neighbourhood violence spilling onto the school grounds."

The study focused on capturing the learners' voices, as the researchers believed that "learner input is often neglected in school safety research".

In their own words, one learner said: "My biggest worry is that there are a lot of bullies who bully us. The bullies ... beat up girls and hurt them."

Said another: "I would like these boys to stop bullying me because I feel heartbroken," while another added: "My worry is there is a boy who likes to beat me and takes my money or lunch box for break."

Sexual harassment was an issue too. "I'm worried because of three (boys) who like to touch my bum, always, even ... after school, they ... attack me," said one learner.

"Some girls are raped (and then) laughed at and they feel sad," another learner stated.

Some learners pointed fingers at teachers for unsafe schools. "My problem is that teachers at school beat us with a pipe, and we get angry," a pupil said. (adapted article by Bongani Nkosi, The Star News, Oct 2022)



MAKING MY SCHOOL BETTER

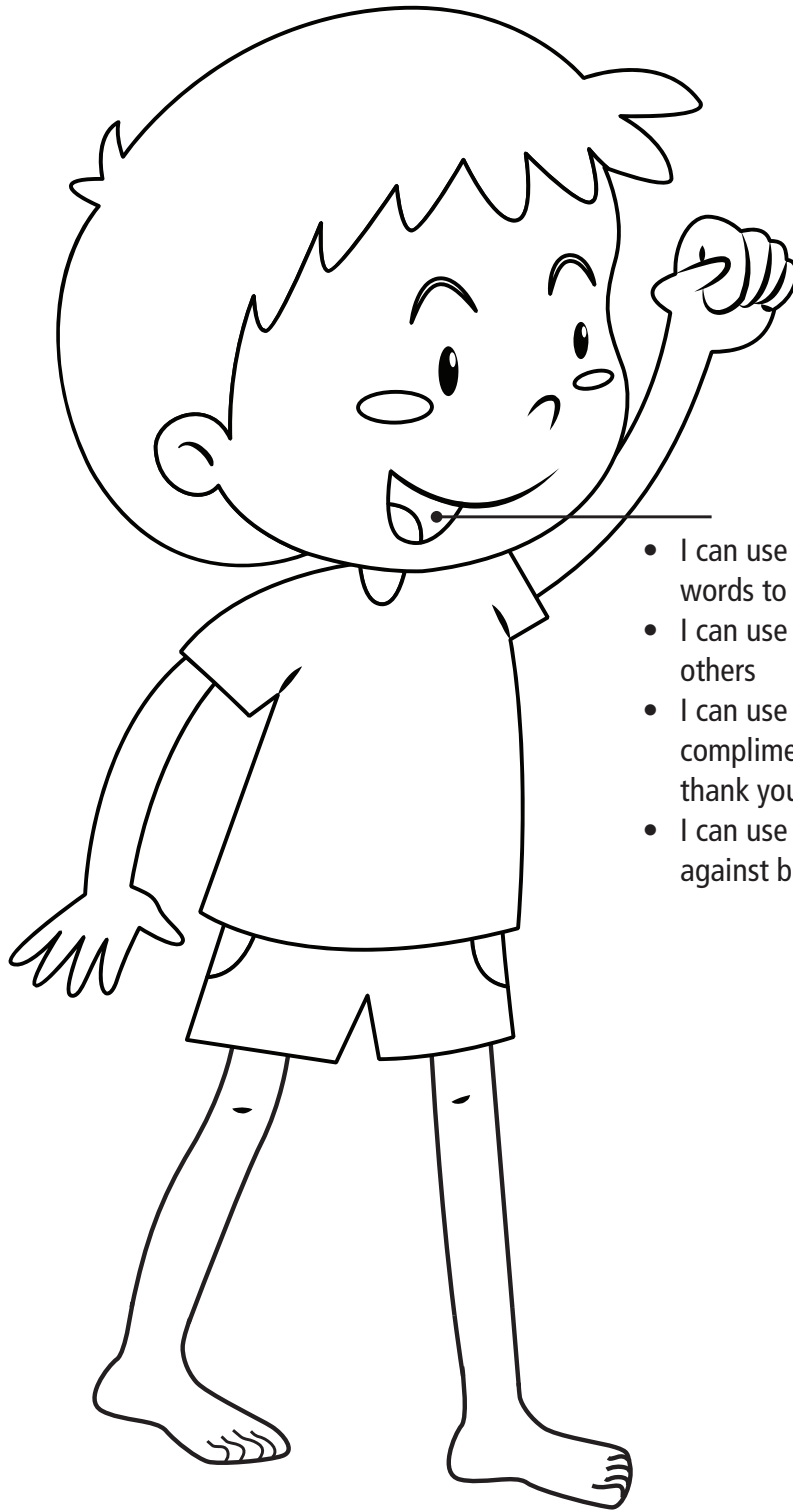
What do you think could be done at schools to make learners feel more safe, cared for and not feel threatened?

Handwriting practice area with ten horizontal dotted lines for writing.



I'M A KIND KID

Label how you can use different parts of your body in a kind way.
For example, I can use my mouth to say kind words to others...

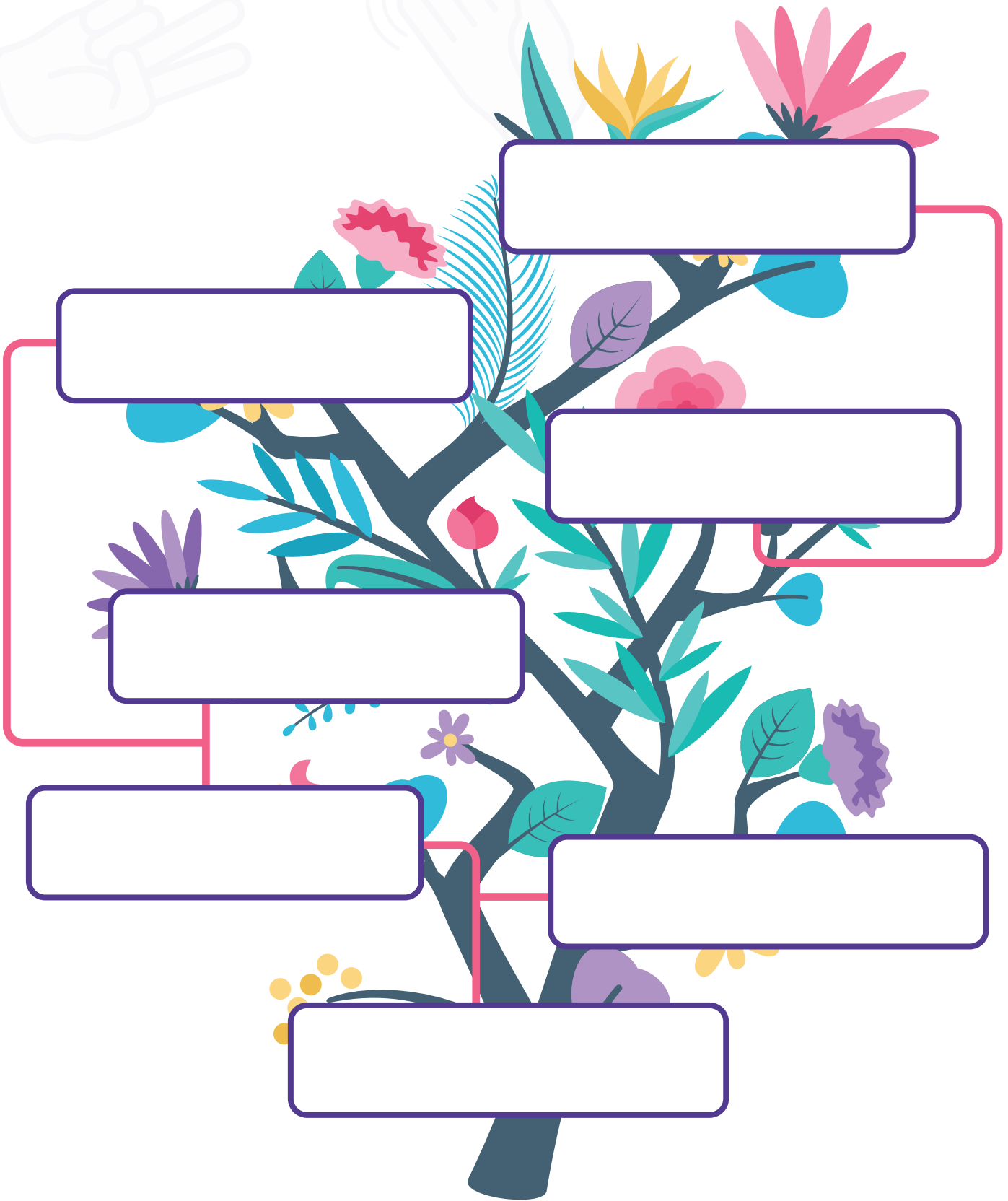


- I can use my mouth to say kind words to others.
- I can use my mouth to smile at others
- I can use my mouth to give compliments to others, to say thank you, or to say I am sorry.
- I can use my mouth to speak out against bullying



TAKE THE FRIENDSHIP CHALLENGE

In the blocks of the tree below, **write down what makes you a good friend.**
Make a list of things you can do to be a better friend.



BILL OF RESPONSIBILITIES

The Department of Basic Education has developed a Bill of Responsibilities for the Youth of South Africa. This outlines the role that youth should play in building South Africa and their responsibilities with respect to achieving the rights established in South Africa's constitution (Department of Basic Education (DBE), 2013). Key responsibilities with bearing on bullying include:

TO NOT HURT, BULLY, OR INTIMIDATE OTHERS, OR ALLOW OTHERS TO DO SO.

TO SOLVE ANY CONFLICTS PEACEFULLY.

TO TREAT EVERY PERSON EQUALLY AND FAIRLY.

TO NOT DISCRIMINATE AGAINST OTHERS ON THE BASIS OF THEIR RACE, GENDER, RELIGION, NATIONAL-, ETHNIC OR SOCIAL ORIGIN, DISABILITY, CULTURE, LANGUAGE, STATUS OR APPEARANCE.

TO TREAT PEOPLE WITH REVERENCE, RESPECT AND DIGNITY.

TO BE KIND, COMPASSIONATE AND SENSITIVE TO EVERY HUMAN BEING, INCLUDING GREETING THEM WARMLY AND SPEAKING TO THEM COURTEOUSLY.

TO ATTEND SCHOOL REGULARLY, TO LEARN, AND TO WORK HARD.

TO COOPERATE RESPECTFULLY WITH TEACHERS AND FELLOW LEARNERS AND TO ADHERE TO THE RULES AND THE CODE OF CONDUCT OF THE SCHOOL.

TO RESPECT THE PROPERTY OF OTHERS. TO TAKE PRIDE IN AND PROTECT BOTH PRIVATE AND PUBLIC PROPERTY, AND NOT TO TAKE WHAT BELONGS TO OTHERS.

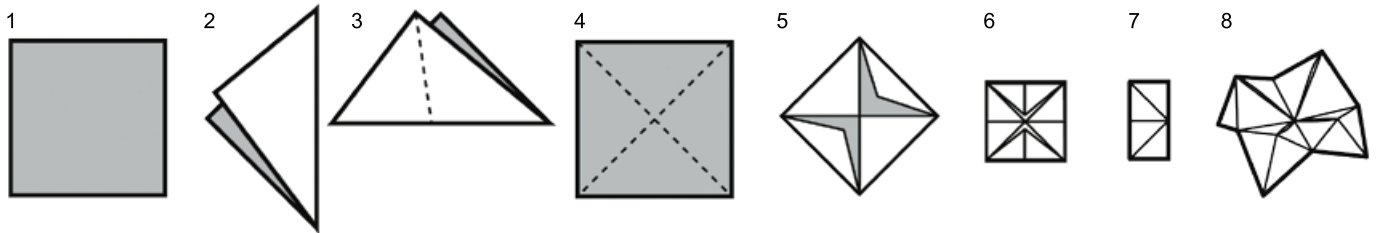
TO RESPECT OTHER PEOPLE'S RIGHT TO FREEDOM OF EXPRESSION.

TO NEVER EXPRESS VIEWS THAT ADVOCATE HATRED, OR ARE BASED ON PREJUDICES WITH REGARD TO RACE, ETHNICITY, GENDER OR RELIGION.



INSTRUCTIONS - Kindness Catcher

1. Cut out the Kindness Catcher (Annexure A)
2. Place the printed side down and fold in half so that it forms a triangle.
3. Unfold. Then fold in half the other way.
3. Unfold. The two creases should form an X.
4. Fold each corner of the square into the center of the X. This will form a smaller square.
5. Turn over the Kindness Catcher and fold each corner to the center of the square, just like you did in step five. Your square should have four folded triangles on one side and four diamond flaps on the other side.
6. Fold the Kindness Catcher in half so that the flaps are on the outside.
7. Place your thumbs and forefingers under the flaps and push them to the center.



How to play kindness catcher

- Put your fingers in the bottom of the kindness catcher.
- Ask your friend to pack a character (Sipho, Linda, Pip and Sally). Spell out the name of the character while pulling the sections apart and pinching them together.
- Ask your friend to pick one of the kindness words (Respect, Unity, Support, Acceptance, Friend, Hope, Inclusion and Kindness) which is showing. Spell it out whilst repeating the process of pulling the sections of the kindness catcher apart and pinching them together.
- Lift the flap and read the message which is under the number. That is the kindness activity for the day!
- You must find opportunity to show this act of kindness.

INSTRUCTIONS - Creating a World of Kindness

1. Cut strips on page 15 (Annexure B).
2. Write something that will make you feel good about yourself. Your statement must be firm. Words like "hope," "should," and "wish" should be avoided. Positive affirmations should be made in the present tense. For instance, here are some positive affirmations to use when dealing with bullying (adapted from Jeff Waller)
 - I belong, and I am good enough
 - I surround myself with people who treat me well
 - I see the beauty in others
 - I am safe and sound, and all is wellYou can create your own positive statements.
3. Wrap the strip around your wrist and glue one end to the other to form a wrist band. Make sure the words are facing out.
4. If possible, Keep the Wristband for as long as you can to remind yourself of your positive affirmation.



KINDNESS CATCHER (Pacer Center, 2020)

Wind-up your chatterbox when bullies come into sight.
 You fear they are going to pick a fight.
 Bullies are really hurt on the inside.
 They struggle with kindness.
 So do not let them dull your light
 Shine bright, stand-up, stand strong and speak-out against bullying
 written by Nishel Naidoo



Cut the Kindness Catcher and practice acts of kindness.

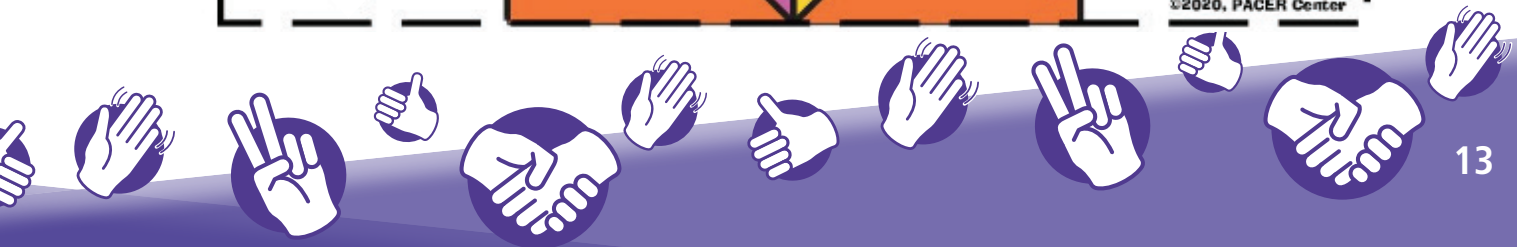


Kindness Catcher

ANNEXURE A

This super fun kindness catcher will provide ideas for being kind.

 Sipho PACER's National Bullying Prevention Center	Unity Offer to help someone	Support Say something kind to someone	 Sally PACER.org/bullying
Respect Write a kind note to someone	Acceptance Smile and say hello to someone	Give a nice compliment Ask, "How's your day going?"	Inclusion Give a high five to someone
Hope Make someone laugh	Friend Linda	Kindness Pip	©2020, PACER Center





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CREATING A WORLD OF KINDNESS

ANNEXURE B

Glue Here

Glue Here

Glue Here

Glue Here

I am a kind friend.





ENDING BULLYING WITH KINDNESS



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REFERENCE LIST

1. Bongani Nkosi, The Star News, Oct 2022
2. Department of Basic Education. 2013. School Safety Framework. Addressing Bullying in Schools Workbook. Retrieved from: http://www.kzneducation.gov.za/images/documents/Resources/SNES/PreventionOfBullyingAndAggressiveBehavior/Bullying_Workbook_2013.pdf
3. PACER Center. 2022. KINDNESS CATCHER. Retrieved from: <https://www.pacer.org/bullying/classroom/elementary/activities/pdf/kindness-catcher.pdf>

Could anything be
better than this.
Waking up every day
knowing that lots of
people are smiling
because you chose to
impact lives, making
the world a better
place.

ANYAELE SAM CHIYSON

 Ripple Kindness Project





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