

# #ChooseKindness

Print off these positive words and ask the students to take one or two each and pass them onto their fellow classmates. They may choose to make up their own positive words or affirmations so we have left some blank ones.

Ensure that everyone receives one of these words. Use the experience as a point of classroom discussion, finding out how they felt, what it would mean for someone who is being bullied to feel other's kindness, etc.

The words can also be displayed in the classroom as a reminder of choosing kindness.

YOU'RE  
THE  
Best

You are doing  
★ GREAT! ★

Be your own  
kind of  
BEAUTIFUL

GOOD  
things  
ARE  
COMING

Believe  
IN  
yourself

I CAN  
I WILL

POSITIVE  
VIBES

DO  
what you  
LOVE

Let your  
light  
Shine

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