SCHOOL ANTI-BULLYING WEEK

Choose one activity!

ACTIVITY 1
ACROSTIC POEM

Create an acrostic poem with ONE keyword from the list.

POWERFUL KEYWORDS

- RESPECT
- KINDNESS
- COURAGE
- FRIENDSHIP
- SOLIDARITY
- ACCEPTANCE
- INCLUSION
- EQUALITY
- TOGETHER
- SUPPORT

YOUR MISSION:

1. Write your chosen word vertically (one letter per line).
2. Find a word or write a short sentence for each letter.
3. Your poem must express a positive message against bullying.
4. Illustrate your poem with drawings, symbols or colours.

ACTIVITY 2
POWERFUL SLOGAN

Create a poster with **ONE** powerful slogan and show your message against bullying.

POWERFUL SLOGANS

- STOP BULLYING!
- BE KIND!
- NO HATE!
- SPEAK UP!
- DON'T STAY SILENT!
- YOU MATTER!
- CHOOSE RESPECT!
- STAND TOGETHER!
- NO ONE IS ALONE!
- BE YOURSELF!
- STOP THE HATE!
- TOGETHER, WE ARE STRONGER!
- WORDS CAN HURT!
- MAKE A DIFFERENCE!
- DON'T JUDGE!

YOUR MISSION:

1. Choose **ONE** slogan from the list.
2. Write it in big, eye-catching letters.
3. Illustrate your message with drawings, symbols or colours.
4. Make your poster powerful, creative and meaningful!

ACTIVITY 3
BEFORE / AFTER

Show how a victim's feelings can change when bullying stops.

BEFORE / AFTER – WORD BANK

Afraid	→	Safe	Hurt	→	Healed
Ashamed	→	Proud	Lonely	→	Supported
Depressed	→	Happy	Nervous	→	Relaxed
Embarrassed	→	Confident	Sad	→	Happy
Excluded	→	Included	Stressed	→	Relaxed
Fearful	→	Fearless	Threatened	→	Protected
Frustrated	→	Calm	Unsafe	→	Safe
Helpless	→	Empowered	Weak	→	Strong
Hopeless	→	Hopeful	Worried	→	Peaceful
Humiliated	→	Respected			

YOUR MISSION:

1. Choose **ONE** pair of opposite adjectives (one BEFORE and one AFTER).
2. Write both adjectives in big letters and connect them with an arrow.
3. Illustrate each emotion with a drawing.
4. Use colours to show the transformation.