

TOLERANCE, FORGIVENESS, UNDERSTANDING

Objective: To consider and realise the different ways of bullying, how it feels to be bullied and why it is wrong to bully others.

Key Words: jealous, nervous, plastic, slope

Curriculum Links: Citizenship and PSHE at KS1: 1a,b,c. 2a,c. 4e. Literacy: Drama

Materials needed:

- The Manual or copy of lesson plan
- Silent sitting exercises from the 'Introduction' Manual
- CD player
- CD with music for silent sitting
- CD with music for the song
- Copies of the drama script
- Photocopy of page 132 for each child to colour

QUOTATION/THEME FOR THE WEEK

**IF THE MOUTH SLIPS
IT IS MORE SLIPPERY THAN THE FOOT**
Ghanaian Proverb



Discuss what this means.

SILENT SITTING

Steps 1, 4 (See pages 19/20 or page 36 of the 'Introduction' Manual)

Step 5: Think of a time when you have felt sorry for hurting someone ...

In your head, say sorry to that person ...

Imagine how happy that person is to know you are sorry ...

How much better you feel ...

Now imagine you are running across a field ...

Hear the wind rushing past your ears ...

At the end of the field is a beautiful clear cool lake ...

If you want you can dive in and have a swim ..

How fresh and clean the water is ...

Come out of the water feeling clean and peaceful ...

Get dried feeling peaceful and happy ...

Step 6.

STORY TELLING

THE SLIPPERY SLOPE

by Ann McMail

Thomas and Dafydd were friends and were in the same class together. When Dafydd had his ninth birthday, he invited most of the class to his party. Thomas was having a great time dancing with one of the girls in the class named Sian, but Dafydd was jealous.

Halfway through the party Dafydd played a trick on Thomas, he put a huge spider down his back! (That poor spider!) Thomas had once told Dafydd how scared of spiders he was, so it was really unkind of Dafydd to do this to him. Thomas was so frightened that he cried, shouted and danced around looking really daft, but he couldn't help it. He was so scared that his heart felt as if it would jump out of his body! Thomas was glad when the party finished and he could go home.

On Monday he had to face the whole class and worst of all Sian. He felt so embarrassed that he felt sick. He had to swallow hard to keep down the really nervous feeling that he had. Dafydd laughed at him and called him 'Chicken'. He flapped his arms up and down like the wings of a chicken and made clucking noises. Thomas was starting to feel very upset, until he caught sight of Sian who smiled at him. That somehow made him feel much better about himself.

About a week later Sian and Thomas were walking up the 'Slippery Slope' together. This was a steep part of the mountain just behind Thomas's house. His mum would watch them from her kitchen window sliding down on plastic bags. It was brill! It was great except for the fact that there was a big drop at the bottom. If you were clever, you could steer either left or right to avoid it. But if you weren't very good at it you would go right over the edge straight into the brambles – OUCH!!!

As Thomas and Sian walked past the brambles and trees they heard someone crying, a sad whimpering cry. They peered into the brambles and saw a round white face covered in dirt, tears and scratches staring back at them. Guess who it was? It was Dafydd! Now it could have been Thomas's time to laugh! He could have even been tempted to leave Dafydd there with his bottom stuck in the bushes.

But Thomas was a kind boy. He didn't think about his friend's mean behaviour to him. Immediately he stretched down to help him. Sian pulled the brambles away from Dafydd's face while Thomas pulled as hard as he could until Dafydd was standing on the slope with them.

Dafydd felt so relieved! But he also felt bad and looked down at his feet as he thanked them both, because he realised how spiteful he had been to Thomas and was ashamed of it.

Do you know that Thomas never told anyone about Dafydd crying, or how he helped him, and now they are even better friends.

QUESTIONS:

1. Do you think Dafydd was lucky to have a friend like Thomas? Give your reasons.
2. Did Dafydd bully Thomas? If so, how did he? Why do you think he did it?
3. Has anyone been unkind to you but even so you have been a good friend to him/her?
4. Have you ever been embarrassed about something you have done?
5. Do you think Thomas was right to help Dafydd?
6. Why didn't Thomas tell anyone that Dafydd had been crying?
7. How did you feel when you heard the story?
8. Did it remind you of anything in your own life?

Link story: You are Unique (*Learning to Live!*)

GROUP ACTIVITY

1. DRAMA

THE SLIPPERY SLOPE

The scene is set in Wales

Cast: Narrator
Thomas
Dafydd
Sian
Other children

Narrator: Thomas and Dafydd were friends and were in the same class together. When Dafydd had his ninth birthday, he invited most of the class to his party.

[Enter Dafydd and friends who start having a party. Thomas is dancing with Sian.]

Thomas was having a great time dancing with one of the girls in the class named Sian, but Dafydd was jealous. So, he played a trick on Dafydd.

[Dafydd approaches Thomas and put something down his back]

Thomas: *[going berserk].* Ugh! What is it? It's a spider! *[shouting at Thomas].* Thomas how could you! You know I'm frightened of spiders! That is so unkind of you!

Narrator: Thomas was so frightened that he cried, shouted and danced around looking really daft but he couldn't help it. He was so scared that his heart felt as if it would jump out of his body! And he was glad when the party finished and he could go home. *{Party disbands and exits stage}* But on Monday, poor Thomas had to face the whole class again and, even worse, Sian. *[Enter class]* He felt so embarrassed that he felt sick. He had to swallow hard to keep down the really nervous feeling that he had.

Dafydd: *[laughing at Thomas and making his arms flap up and down].* Chicken! Cluck cluck! Chicken!

Narrator: Thomas was starting to feel very upset, until he caught sight of Sian who smiled at him. That somehow made him feel much better about himself.

[Scene changes to the “Slippery Slope”]

[Enter Sian and Thomas]

Narrator: About a week later Sian and Thomas were walking up the “Slippery Slope” together. This was a steep part of the mountain just behind Thomas’s house. His Mum would watch them from her kitchen window sliding down on plastic bags. It was brill! - except for the fact that there was a big drop at the bottom. If you were clever you could steer either to the left or right to avoid it. But if you weren’t very good at it you would go right over the edge straight into the brambles – OUCH!!! Thomas and Sian were just past some brambles when they heard ...
[sound of someone crying]

Sian: Thomas, can you hear that? I think it’s someone crying...

Thomas: Yes, I think you’re right, Sian. I think it’s coming from behind this bramble bush, let’s see....oh!

Narrator: They peered into the brambles and saw a round white face covered in dirt, tears and scratches staring back at them. Guess who it was? It was Dafydd! Now it could have been Thomas’s time to laugh! He could have even been tempted to leave Dafydd there with his bottom stuck in the bushes. But Thomas was a kind boy. He didn’t think about his friend’s mean behaviour to him.
[Sian pulls the brambles away from Dafydd’s face while Thomas stretches down to help him up. When Dafydd is released, he stares down at his feet.]

Thomas: *[raising up Dafydd’s head]* Dafydd, it’s all right. Please don’t be ashamed. That business with the spider is all forgotten now. I’m sure you only meant it as a joke anyway. Let’s forgive and forget, and be friends!

Sian: Yes, Dafydd. We’d love you to be our friend.

Dafydd: I’d love to be friends with both of you too. That was why I put the spider down your back, Thomas. I was jealous of your friendship with Sian.

Thomas: Well, that’s all in the past now *[and the three link arms and exit together]*

Narrator: Do you know that Thomas never told anyone about Dafydd crying or how he helped him, and now the first two boys to run into the yard together at break-time are Dafydd and Thomas.

QUESTION:

How did you feel when you listened to, saw or acted in the drama?

2. Bullying

In pairs discuss:

*Is there a time when you have been a bully?
Is there a time when you have been bullied?
What did you do about it?*

Allow a few minutes for one partner to speak, then change over.

3. Abolish Bullying Poster

Give each child a copy of the poster on the next page.

Discuss the contents of the poster.

Ask the children to colour in and add their own message to their poster.

GROUP SINGING

WHEN WE FIND WE'RE IN A MOOD

(music and lyrics by Sara John)

When we find we're in a mood,
Or we're just plain miserable and sad,
Then take a deep breath and say, everything's okay.

*(Chorus) It doesn't help if we wallow in the feeling.
Let's get out now and have a brighter thought.
'Cause we only make things worse
When we moan around and curse
And we're happy when there's fun around the corner.*

When we find we're in a rush,
Or we can't get together what we've planned,
Then take a deep breath and say, everything's okay.

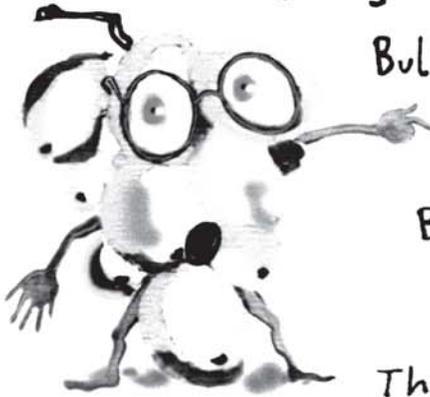
(Chorus) It doesn't help if we wallow in the feeling...

(Repeat 1st verse)

Close the lesson: If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "We have peace, we give peace! We have love, we give love! We have joy, we give joy!"

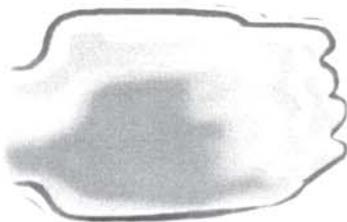
ABOLISH BULLYING CHARTER

Bullying Can Happen To Anyone !



Bullies Pick on People who seem
Smaller, Different or Weak !

Bullies May Call
You Names or
Say or Do
Threatening Things ;



STAY
CALM !



DO NOT
BLAME
YOURSELF !



LOOK THE BULLY IN THE EYE !
TELL THE BULLY
TO STOP !

Don't Join In !

MOVE AWAY TELL AN ADULT
GO WITH A FRIEND !

DO NOT
HIT BACK !



EVERYONE CAN HELP STOP
BULLY BEHAVIOUR !

BE A FRIEND NOT A BULLY !

