## 7-Day Kindness Challenge

Challenge yourself to become a kinder human during anti-bullying week. Can you complete a kind act each day?



#ANTIBULLYINGWEEK

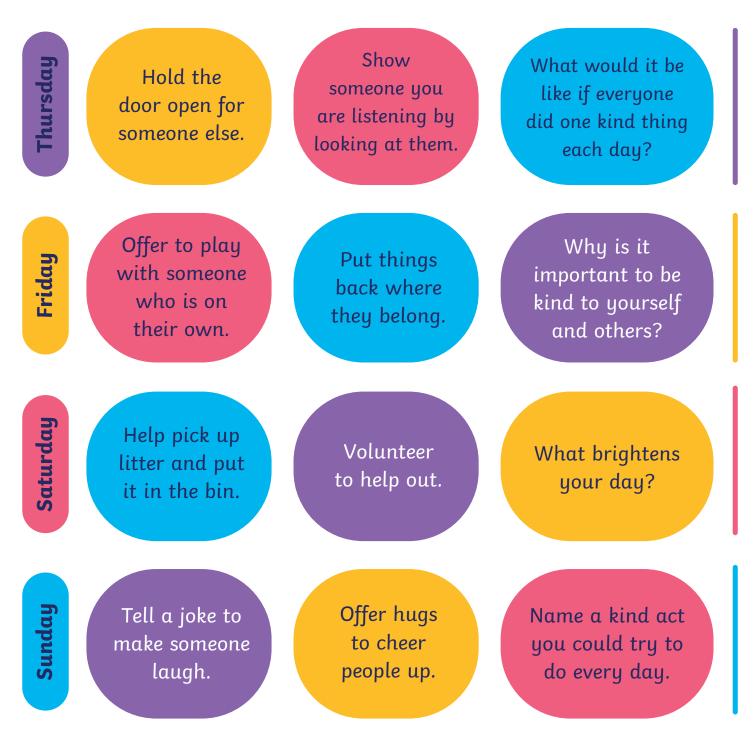
- Complete a kindness challenge each day. How did it make you feel?
- There are also some small steps that make a big difference. Try to do all of these every day!
- Take a look at a daily kindness question. These will help you talk with family and friends about how important it is to be a kind human.



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# A N T I B U L L Y I N G W E E K



The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools:

CPD anti-bullying online training courses • Become a United Against Bullying School and enroll on ABA's free whole-school anti-bullying programme today





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