



Get help

Tell them to stop

Ignore

Move away

If someone is annoying you, take these steps...



Star Breathing

If you are finding something difficult, try using this star to help...

S

S is for Stop...

When you are faced with a difficulty, stop

T

T is for Take a Breath...

Take a few slow deep breaths to relax your body and mind

A

A is for Accept...

Accept that you are finding something difficult or need some help

R

R is for Restart...

When you are ready, you can try again or move on to something else



Bullying type behaviour is when all four of the actions below are confirmed...



Additional wellbeing resources can be found on the PBS&P High Five Resource Hub



You can share some of your 'Happy Thoughts' with the people in school and at home.



If you experience or see bullying type behaviour...

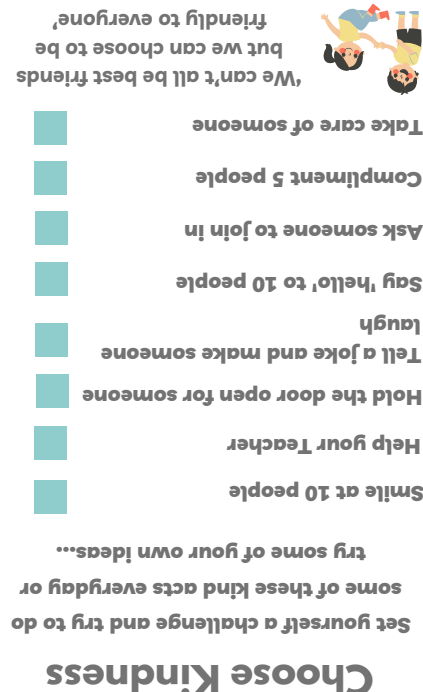
Talk to someone you trust

- a friend
- parents/carers
- teachers
- lunchtime supervisors

Or send a private message through e.g. Seesaw, Google classroom, Dojo etc.

If a friend needs help...

- Thank them for talking to you
- Listen to their worry
- Tell them it was right to talk to you
- Encourage them to ask for help
- Go with them to talk to a trusted adult



Pupil Booklet

