

# ANTI-BULLYING WEEK 2019

**MONDAY 11TH NOVEMBER  
- FRIDAY 15TH NOVEMBER 2019**

Bigfoot's interactive assembly and workshop programmes for EYFS, KS1 and KS2 aim to encourage children and young people to respect themselves and each other at school, in their homes, communities, and online. This year, we are proud to support the Anti-Bullying Alliance with the theme 'Change Starts with us' which is explored throughout all our programmes.



Small change.  
Big difference.  
Change starts here.  
Change starts now.  
Change starts with us.

## ASSEMBLY AND WORKSHOP PROGRAMMES

### THE BIGGER PICTURE (YEARS 2 - 6)

*"I'm really glad to be able to tell my story. I want to help people see the bigger picture of how what they do or say can have an impact on other people's feelings." (Walla, Age 10)*

The Bigger Picture programme focuses on the relationships we form with others, as well as the importance of embracing and celebrating differences. Throughout an engaging 45 minute assembly, students are sensitively introduced to a variety of characters to which they can relate and/or recognise in their school. How does it feel to be the victim of unkind behaviour? Why might someone 'bully'? How and why can we feel pressure from those around us? How can we navigate the complexities of friendships and why we are all different – and proud of it!

### THE BIGGER PICTURE 2: RE-SPECT! (YEARS 2 - 6)

*"I used to think that it was all about me; that perhaps I wasn't behaving in the right way and so some people just couldn't help but not like me. But I'm not so sure that that's actually true..." (Sahar, Age 9)*

The Bigger Picture 2: Re-spect! takes an in depth look at how we manage relationships, respond to conflict and celebrate our differences. The interactive assembly and follow up workshops use a variety of characters stories to explore how we respect each other, and ourselves, through our behaviour, language and actions. What is empathy and how do we show it? How can we stand up for ourselves, and each other, safely? How can we respect each other – at home, school and online?

### IT'S GOOD TO BE ME! (KS1) NEW FOR 2019

This brand new Assembly and Workshop programme, especially for KS1, explores self-esteem, friendship and respect. Using song, story, movement and puppetry we will celebrate our differences and use our imaginations to consider the different ways we do and should treat each other. A wonderfully positive introduction to key anti-bullying and collective responsibility messages for younger children!

## WORKSHOP PROGRAMMES

### R.E.S.P.E.C.T - KS2

***'Respect' is a tricky concept to grasp; it refers to not only how you feel and act towards others, but also yourself. Therefore, if you are 'disrespectful' it can be damaging to how you are seen and treated by others, as well as how you view yourself.***

By exploring how we form and maintain relationships with each other, students will be encouraged to consider how respectful communication can assist in combating bullying in their school. With Bigfoot's help participants will experiment with a variety of peer mediation techniques whilst learning the importance of embracing and celebrating differences.

### CYBER BULLYING - KS2

***Bigfoot's 'Cyber Bullying' workshops encourage students to consider how we communicate by phone and internet, along with the implications this can have at home, at school and in the wider community.***

Through a variety of drama and communication games and exercises, students will explore what cyber bullying is, identifying the differences to 'face to face' bullying and understanding the effects on victims. Together the students will discuss how to stay safe online, creating 'Cyber bullying adverts' to share information and advice with their peers. A brilliantly positive, fun and informative experience for students to safely explore a serious issue facing all young people today.



### I LIKE MYSELF - KS1

***I like myself, I'm glad I'm me, there's no one else I'd rather be. And I don't care in any way, what someone else may think or say. I'm having too much fun, you see, for anything to bother me!***

This interactive storytelling workshop uses Karen Beaumont's inspiring ode to self-esteem to encourage young students to appreciate everything about themselves, inside and out.

Messy hair? Beaver breath? So what! This little girl knows that being proud of being you is the most important thing ....something all of us, regardless of age, would do well to remember!

### I WISH I COULD... EYFS

***Simple, intimate and inspiring....group storytelling at its best***

In the rainbow forest the insects are having a talent competition. The winner gets to add a new story to the story tree! Tara is the only person who isn't excited; she's the judge. How will she choose a winner? This is a tale about talents old and new, and learning to be the most proud of you.

“ I absolutely loved the approach used by both Bigfooters!. They were friendly and knowledgeable and clearly enjoyed working with children. The programme was an inciteful and realistic approach to tackling bullying and to teach children what respect is. Just brilliant! ”  
**Bevington Primary School**

“ This was a fantastic way to engage the harder to reach children in the important subject of bullying. Thank you! ”  
**Olga Primary School**



**FOR MORE INFORMATION OR TO MAKE  
A BOOKING PLEASE CONTACT**

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