

Words That Lift Us Up

Using kind, fair, and safe words every day





How Do Words Make Us Feel?

Words are like music in the air. Friendly words make our hearts feel calm, warm, and safe. What makes you smile when someone speaks kindly to you?



Our School Values



Be kind — We choose soft, caring words for everyone.



Be safe — We make sure no one feels hurt, worried, or left out.



Be positive — We cheer on our friends and celebrate our differences.

All of Us Are Special

People have different skin colours, hair, and family backgrounds.

- Under our skin, we all have bones, blood, and a heart.
- We all have feelings and deserve kindness.



What Is Racist Language?

Understanding unfair words



Racist language means using **unkind or teasing words** about someone's skin colour, ethnic background, or where their family comes from.



Definition

It is never a joke. It is always unfair and hurtful.

Why Words Can Hurt



Like Crumpled Paper

Unfair words leave invisible marks inside our feelings, even after saying sorry.



Feeling Left Out

When people hear mean words about who they are, they feel lonely, scared, and unwelcome.

Circle Time Chat



How do we want our classroom to feel when we walk in every morning?

Circle Time Chat



You might have said...

We want our classroom to feel friendly and safe.

We want everyone to be included in our games.

We want nobody to feel worried about being teased.

Our Golden Shield



Say 'Stop'

Use a firm, calm voice: 'That is not kind.'



Tell an Adult

Teachers will always listen and help keep you safe.



Support Friends

Invite the person to play with you straight away.



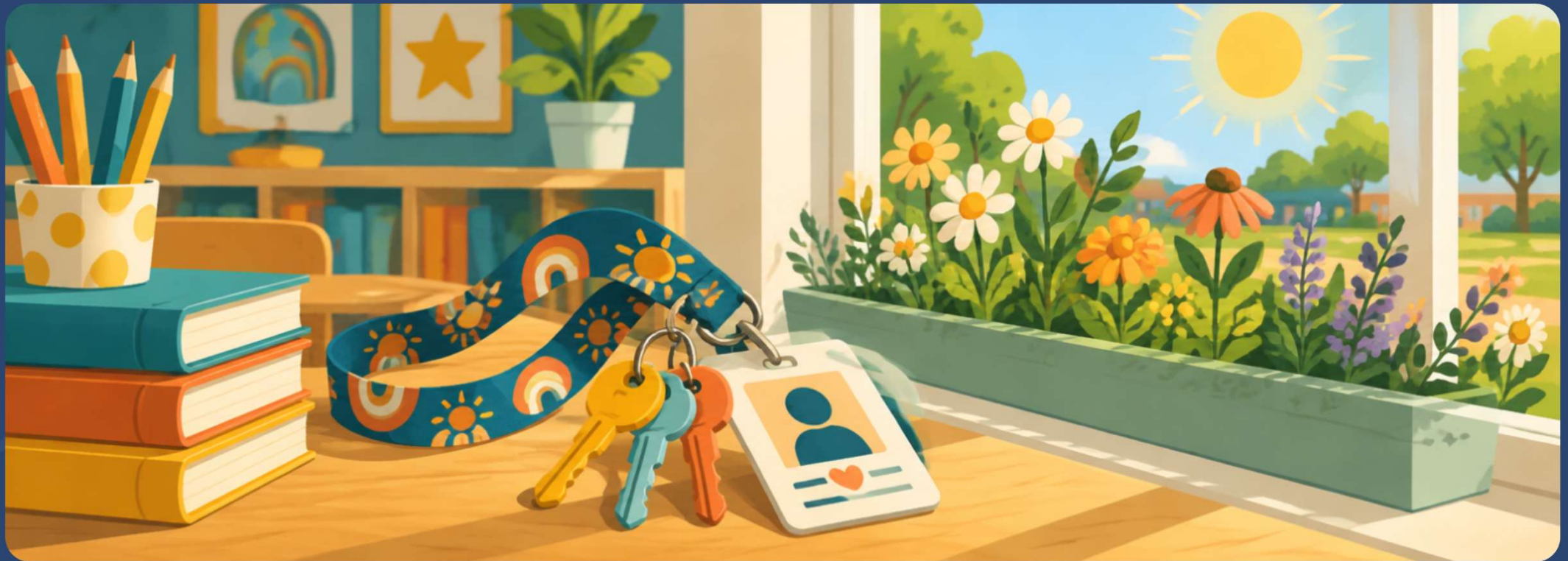
Stay Calm

Take a big slow breath if you feel worried inside.

Safe Grown-ups Always Help



Telling a teacher or teaching assistant is not telling tales — it keeps our whole school safe!



Listen: Playtime Chat

Listen to the audio and answer the questions



Playtime on the School Field

▶ Play audio

- 1 What kind of words did the older children use?
- 2 What is this unkind language called?
- 3 How did those words make people feel?
- 4 Who did Leo and Amira tell?

Listen: Playtime Chat

Check your answers below



Playtime on the School Field

▶ Play audio

- 1 Unkind words about skin colour
- 2 Racist language
- 3 Sad and unsafe
- 4 Mrs Patel

Big Feelings Inside

Hearing unkind words can make our tummies flutter or make us feel angry or tearful.



Tip

Take three slow, deep breaths. You are never in trouble for sharing how you feel.



Three Ways to Be a Hero



1 **Speak up kindly:** Remind friends that we use fair words for all.

2 **Include everyone:** Make room in your playground games for everyone.

3 **Tell a teacher:** Always let a grown-up know if someone is hurt or upset.



What Should We Do?

If you hear someone using unfair words about skin colour, what is the best thing to do?



1. Join in and laugh so you fit in
2. Shout mean words back at them
3. Keep it a secret and tell no one
4. Tell a trusted adult right away and be kind to the person

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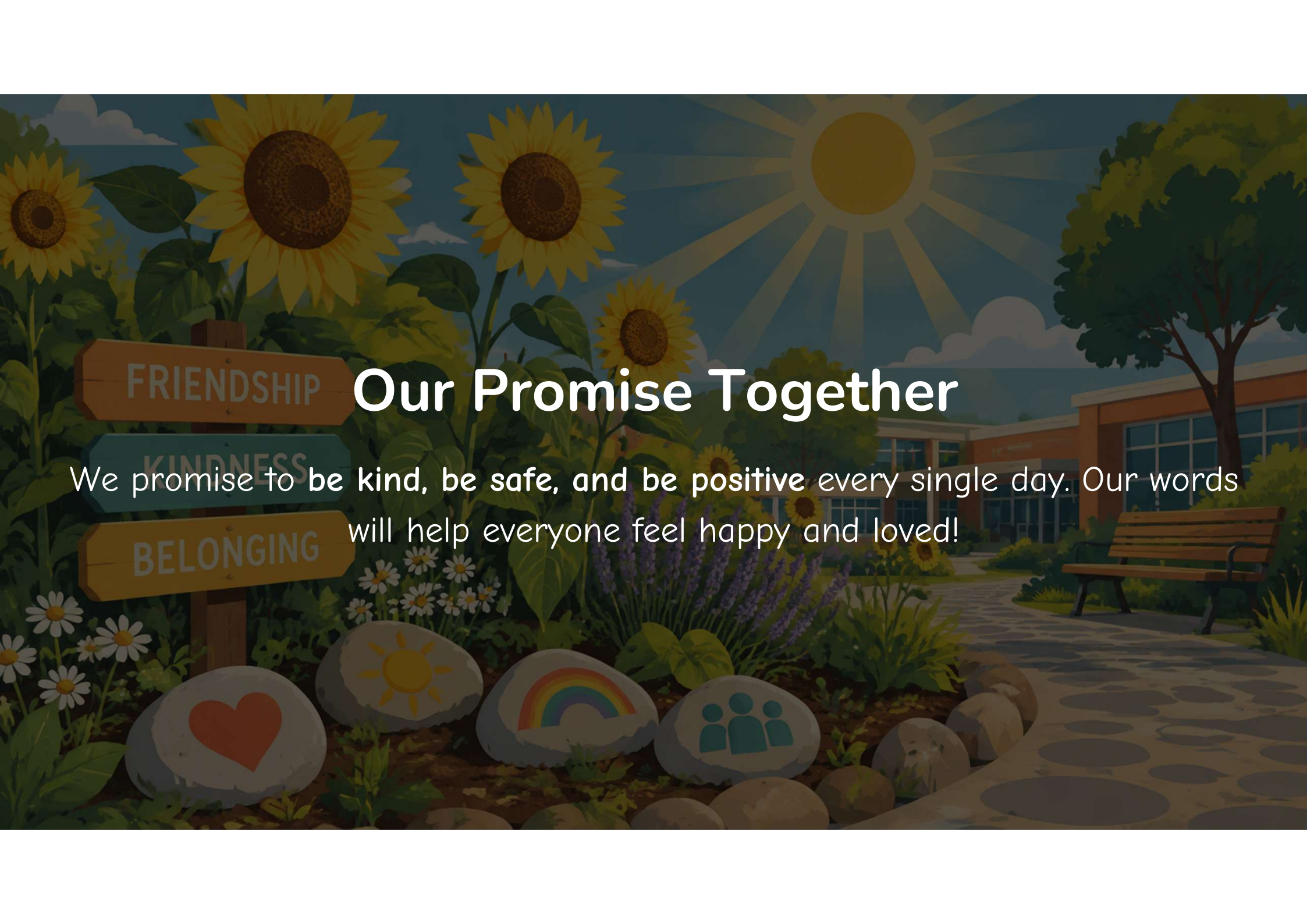
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FRIENDSHIP

Our Promise Together

We promise to be kind, be safe, and be positive every single day. Our words will help everyone feel happy and loved!

KINDNESS

BELONGING