

SECTION	Activities
Introduce the topic	The important concept for this lesson is kindness. This is the concept that underlies the whole anti-bullying course. If each one is kind to the next one eventually we will all be kind to each other. Kindness is the complete opposite of bullying.
Introduce the hat	The tenth hat in our journey towards kindness and respect is a kind hat. Remind learners about the other nine hats – ask them what they are and what they mean. Today we will add another hat to our collection. How many hats do we have now? How can we be kind to our classmates, family and friends?
The kind kid	Suggested answers: <ol style="list-style-type: none"> 1 The kind kid is the most important of all. 2 Being friendly and generous, helpful and warm. 3 Kind kids look after each other, they are gentle and do not bully and fight. Kind kids are caring and sharing and helpful and polite. Accept learners' own ideas. <i>(Tell them they can look up all the hats to find out what kindness is).</i>
The underpants rule	This is an important rule for learners to know. It is about respectful behaviour and also speaks to what they should not share. <ol style="list-style-type: none"> 1 My body belongs only to me. 2 Nobody can ask to see or touch; except when I am ill a doctor, or a safe grown-up can ask to see. 3 Run, kick or scream and make a big scene. 4 Accept learner's answers. Discuss what a safe grown up is – an adult who will not hurt you, make you feel uncomfortable or force you to do things that make you feel afraid.
An act of kindness	The kind hat encourages learners to begin to empathise with their peers. When they ask how someone is feeling and they really listen, they can begin to build an understanding between them.

