

Protecting Young Hearts from Bullying

As part of our ongoing focus on the social and emotional wellbeing of our students, this semester each class participated in anti-bullying lessons based on the Bounce Back program.

In one of these lessons, our Kindergarten students read *Chrysanthemum* by Kevin Henkes. They had to pay attention to when characters in the book were using kind words or mean words. Each time a character said something mean, students had to wrinkle up their paper heart to represent how mean words impact on others. Each time a character said something kind, students tried to smooth out the paper heart in an effort to repair it.

We wanted to share with you some insightful comments from one of our Kindergarten students about the crinkled hearts displayed near KV's Anti-Bullying pledge. Holly said "it's hard to fix a wrinkled heart. The wrinkles are like mean words and no matter how much you say sorry they may never go away".

Safe to say Holly has understood the learning intentions of this lesson.

Well done Holly

