



# The Big Think

The Big Newsletter Volume 26

## #AntibullyingWeek22

### What Are the Best Ways to Prevent Bullying in Schools?

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In this [insightful article](#), Diana Divecha, Developmental psychologist at Yale, discusses the 2 research-tested approaches that show the most promise for reducing bullying:

1. positive school climate
2. social and emotional learning.

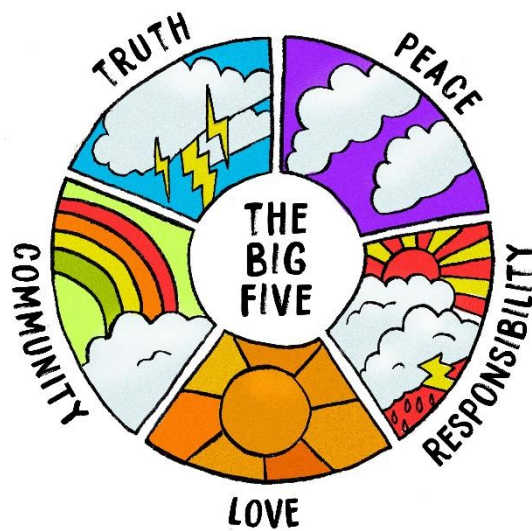
### Building a Positive School Climate

Diana says, 'School climate can be difficult to define, though possible to measure. It is the "felt sense" of being in a school, which can arise from a greeting, the way a problem is resolved, or how people work together; it is a school's "heart and soul," its "quality and character."'

*Schools with a positive climate foster healthy development, while a negative school climate is associated with higher rates of student bullying, aggression, victimisation, and feeling unsafe.'*



**Sign up for free Anti-Bullying Assembly & Lesson kits**



*I create the weather patterns,  
together we change the climate.*

Does your Primary School community want to work together to create a mentally healthy climate where everyone can thrive?  
Then sign up for our next BIG 5 Project Workshop.

**Bring along a Leader, a Teacher and a Learner** (or just yourself!) to one of our **FREE The Big 5 Workshops** to learn about our new Social and Emotional Learning project for Primary schools.

THE BIG 5 packs can be used as 1-off lessons to try in your classroom or as a whole-school 5-week project. This resource can unite your entire school community in accepting a shared responsibility for establishing a safe, caring and enabling learning atmosphere for everyone.

The free workshop will introduce your working group to our model for developing **5 BIG SEL skills** through **5 BIG Values** over **5 Weeks!**

The session will walk you through how to deliver the 5 Assembly and Lesson kits for ages 5-11 (TRUTH, PEACE, LOVE, RESPONSIBILITY and COMMUNITY) that will begin the journey of understanding ourselves, respecting others and caring about the planet.

**Next Workshop Dates:  
17th November, 1st and 6th December 2022**

[Book Free Workshop](#)



KS2 LESSON PLAN Session 1  
**TRUTH**  
Trust



KS2 LESSON PLAN Session 2  
**PEACE**  
Understanding Self



KS2 LESSON PLAN Session 3  
**LOVE**  
Sharing



KS2 LESSON PLAN Session 4  
**RESPONSIBILITY**  
Respect for others



KS2 LESSON PLAN Session 5  
**COMMUNITY**  
Conservation: Clean air

## 5 BIG FREE Online Session Kits to use over 5 BIG Weeks

This fun, collaborative, whole-school climate change project consists of 5 easy-to-facilitate Assemblies (for ages 5-7 & 7-11) with follow-up Lessons that include:

- Silent Sitting meditations by [Calm for Kids](#) mindfulness specialists
- Real-world stories edited by The Big Think Lead Author Maisie Chan ([Danny Chung Does Not Do Maths](#) - winner Jhalak Prize 2022, Runner-up Blue Peter Book Awards 2022)
- Values Inquiry and Big Circles
- Journaling
- Songs by Big Thinkers Band (from [Pssap](#) - creators of Grey's Anatomy soundtrack!)

Once you sign up for the resources, remember to bookmark the page so you can access them as many times as you like. You may want to use the Silent Sitting meditations after lunch every day with the whole school community taking part to gain peace and focus for the afternoon.

The first session TRUTH: Trust takes place inside every classroom in the school at the same time. The next 4 sessions are all led by an Assembly with follow-on lessons straight after back in class.

All sessions are tightly structured using SAFE guidelines and should allow teachers to become facilitators who are able to watch, listen and act rather than just impart knowledge.

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[Sign up for THE BIG 5 Project FREE resources](#)

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[Contact us to find out more](#)



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