

*Thanks for attending
our webinar:*

Promoting Positive Behaviour: Anti-Bullying Week in Your Classroom

**A range of valuable resources has been
prepared for reference after the session!**

Please note that while external resources have been carefully selected, their content is not controlled by us. It is recommended to review these materials beforehand if sharing with children to ensure suitability.



Internal resources

Resources:

- [Free Trial](#)
- [Free Wellbeing Scheme](#)
- [Subject leader toolkit](#)
- [Intent, Implementation and impact](#)
- [RSE/PSHE Scheme](#)
- [Curriculum Hub](#)

On-demand Webinars:

- [How to approach sensitive topics in RSE & PSHE](#)
- [Keeping Children Safe In Education Webinar Recording](#)

Blog posts:

- [Primary RSHE 2025: Key Changes To The Statutory Guidance](#)
- [DfE Curriculum Review: Three Big Changes Coming to Primary Education](#)
- [New Ofsted Inspection Framework: What Schools Need To Know](#)
- [Ensuring Progression: How Mesne Lea Transformed RSE & PSHE For Pupils and Teachers](#)
- [How to teach about peer on peer abuse](#)
- [Supporting Primary School Teachers When Talking About Controversial Issue](#)
- [Building Resilience In Primary school Children](#)

External resources

Statutory Guidance:

- [Relationships and sex education \(RSE\) and health education - GOV.UK](#)
- [New RSHE guidance: what parents need to know – The Education Hub](#)

Links mentioned in the webinar (always check all content before sharing):

- [Anti-Bullying Alliance](#)
- [School Resources](#)
- [NSPCC Bullying & Cyberbullying](#)
- [Anti-Bullying Week 2024 resources | NSPCC Learning](#)
- [One minute guide: Bullying](#)
- Young Minds: [Bullying | Get help and advice | YoungMinds](#)
- Anti-bullying pro: [Presentation](#)
- [Keeping Children Safe in Education 2024 \(gov.uk\)](#)
- [PlaceToBe](#)

Try Kapow Primary for FREE today!



Kapow Primary on Social Media

Facebook and groups

- [Kapow Primary](#)
- [Kapow Primary Staffroom](#)
- [PSHE, RSE and Wellbeing in Primary Schools: Inspiration and Ideas](#)
- [Primary Creative Arts Inspiration and Ideas](#)
- [Primary Humanities Inspiration and Ideas](#)
- [Primary Science and Technology](#)
- [Primary Languages Inspiration and Ideas | Facebook](#)

Instagram

[Kapow Primary ★Primary Teacher Resources \(@kapow_primary\) • Instagram photos and videos](#)

Twitter/X

[Kapow Primary \(@kapowprimary\) / Posts / X](#)

Try Kapow Primary for FREE today!



Date:

Name:

Kapow™

Thoughts and feelings journal

M T W T F S S

Favourite moments of the day...

1. _____

2. _____

3. _____

Name:

Week beginning:

Kapow™

Mood tracker

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Red

Yellow

Green

Blue

Sad

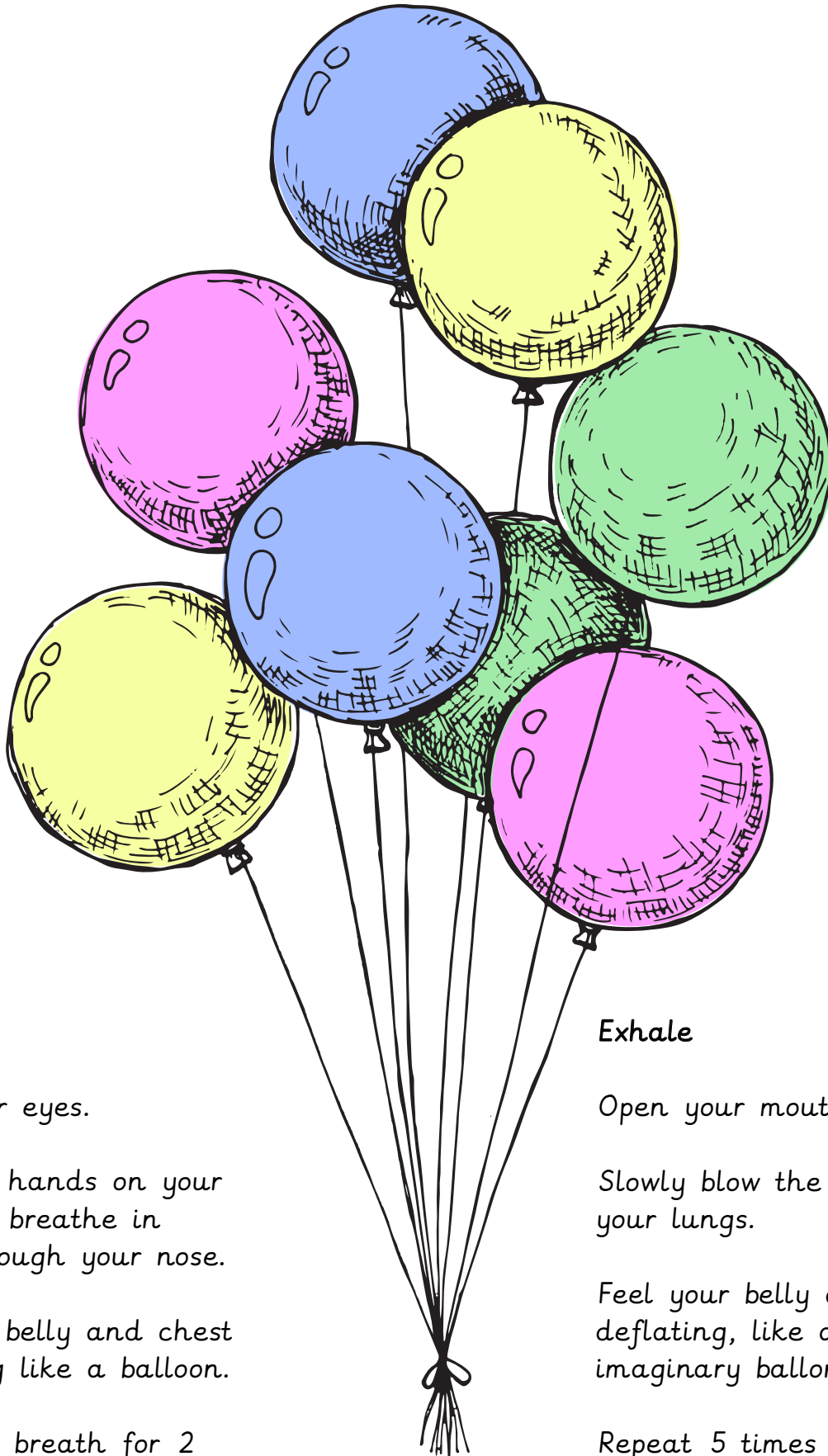
Neutral

Happy

Sad

Balloon breathing

Think of your belly as a balloon.



Inhale

Close your eyes.

Fold your hands on your belly and breathe in slowly through your nose.

Feel your belly and chest expanding like a balloon.

Hold your breath for 2 seconds.

Exhale

Open your mouth.

Slowly blow the air out of your lungs.

Feel your belly and lungs deflating, like an imaginary balloon.

Repeat 5 times or until you are calm.