

# Activity Sheet 1:

## Promoting Kindness

**What does “Being Kind” look like online?(This may come from examples you have seen directly online or ways in which other people have been kind to you online)**

**How can you spread kindness online and encourage others to do so?**

## Activity Sheet 2:

### Reacting Online

#### Instagram post and story

Brian is a massive football fan and is a keen player. It was common knowledge within the classroom however that Brian had picked up an injury and was out for a few months, something which made him feel down, something which was very obvious to his classmates.

Brian had missed most of the school football season, but luckily had recovered just in time from his injury to play in the school final. He was substituted on late and scored the winning goal. Brian then shared a picture of him and his teammates with the trophy on his Instagram.

All of Brian's classmates commented nice things under his picture congratulating him on the victory and telling him how well he had done. All of Brian's friends reshared the picture of him lifting the trophy on their stories.



#### Instagram Picture

Lucy has recently downloaded Instagram and created an account. Soon, most of her friends and classmates from school were followers. After a few weeks on Instagram, Lucy dyed her hair a new colour and took a picture, which she uploaded to Instagram.

Some boys in Lucy's year who she doesn't get along with started posting mean comments under the picture, such as 'she looks so ugly', 'wow what the hell did she do to her hair!', and 'lol why does she look like that?'

Lucy is incredibly upset by this and is thinking about deleting her Instagram account.

