

GUIDE

FEEL GOOD FRIDAY IDEAS



POSITIVE MESSAGE BALLOON RELEASE

SCHOOL_

Stockport Academy

ACTIVITY_

Releasing balloons containing positive and antibullying messages.

TOP TIP!

Spreading kindness and anti-bullying messages to the wider community by releasing positive message into the air could take you one step closer towards earning your **Community Action Badge**!



COMPLIMENT ACTIVITY

SCHOOL_

St Angela's Ursuline

ACTIVITY_

Hand out post-it notes to everyone in school and encourage them to write compliments on them and hand them round to others. You could even get hold of some plain t-shirts and write compliments on each other's shirts!

TOP TIP!

Improving self-esteem and confidence among your peers and staff is a great action towards the **Wellbeing Badge**.



POSITIVITY PHOTO BOOTHS

SCHOOL_

St Angela's Ursuline

ACTIVITY_

Have a party with a photo booth in school displaying positive messages such as 'I love my friends'. You could provide a box of fancy dress to add to the fun.

TOP TIP!

Promoting positive behaviour towards others is a great way to earn your **Wellbeing badge**!



SMILE DAY



SCHOOL_

Winterton Academy School

ACTIVITY_

Smile days on Feel Good Friday designed to make those days extra happy. You can stick smile stickers on students and promote happiness on that day.

TOP TIP!

By working to improve the atmosphere and general wellbeing in your school, your team could be one step closer towards earning their **Wellbeing badge**!



SMILE DAY CONT.



SCHOOL_

Joseph Whitaker School

ACTIVITY_

Performances and singing around Anti-Bullying, allowing anyone in the school to perform.

TOP TIP!

Why not invite parents or other primary schools which will help your application for the **Community Badge**?



SMILE DAY CONT.



SCHOOL_

The Glasgow Academy

ACTIVITY_

Each house earns points on Smile Day for high fives, fist bumps and hugs.

TOP TIP!

You're improving student wellbeing by encouraging such positive behaviour – a great action towards the **Wellbeing Badge**.



We're proud to be the only charity set up in memory of Diana, Princess of Wales, and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives, 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors, you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

Give us feedback on this resource:
<https://tinyurl.com/ab-feedback>



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