

One Kind Word Poetry Activity



#ANTIBULLYINGWEEK

Words are a powerful tool. We can hurt people with words or we can use them to show tolerance, understanding and kindness.

Poetry is about expressing thoughts and feelings with words. There are many different types of poems we can choose to write. In this activity, you can choose to create a shape poem, an acrostic poem or a pyramid poem.

Take a look at the examples to see which one you would like to create today.

Once you have written your poem, you can illustrate it with doodles or pictures. Remember, there is no right or wrong. Be creative, have fun and spread a little kindness!

Shape Poem Example

If I need a friend
You're there for me
When I'm feeling low
Just one kind word

If I need an ear
You're there for me
When the day is hard
Is all I need to hear

And when the shoe (or boot) is on the other foot

When you need some words of support

I will be by your side, my friend

To listen to your thoughts

And one kind word

I will share

I'm here



Acrostic Poem Example



#ANTIBULLYINGWEEK

Kind words and deeds are what we need
In homes, in families, in schools.
Never underestimate the power of words...
Does one kind word make a difference? Yes it does.
Now is the time to say or do something kind.
Everyone needs kindness in their life.
Share a smile and tell someone they're doing OK.
Share words of compassion and love.



Pyramid Poem Example

One
Kind word
'Hello', 'You OK?'
Is all you need to say
A kind word to start the day
'Would you like to talk about it?'
'You're amazing!' 'Great job!' 'Well done!'
'Would you like to come and play - join in the fun?'

The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools:

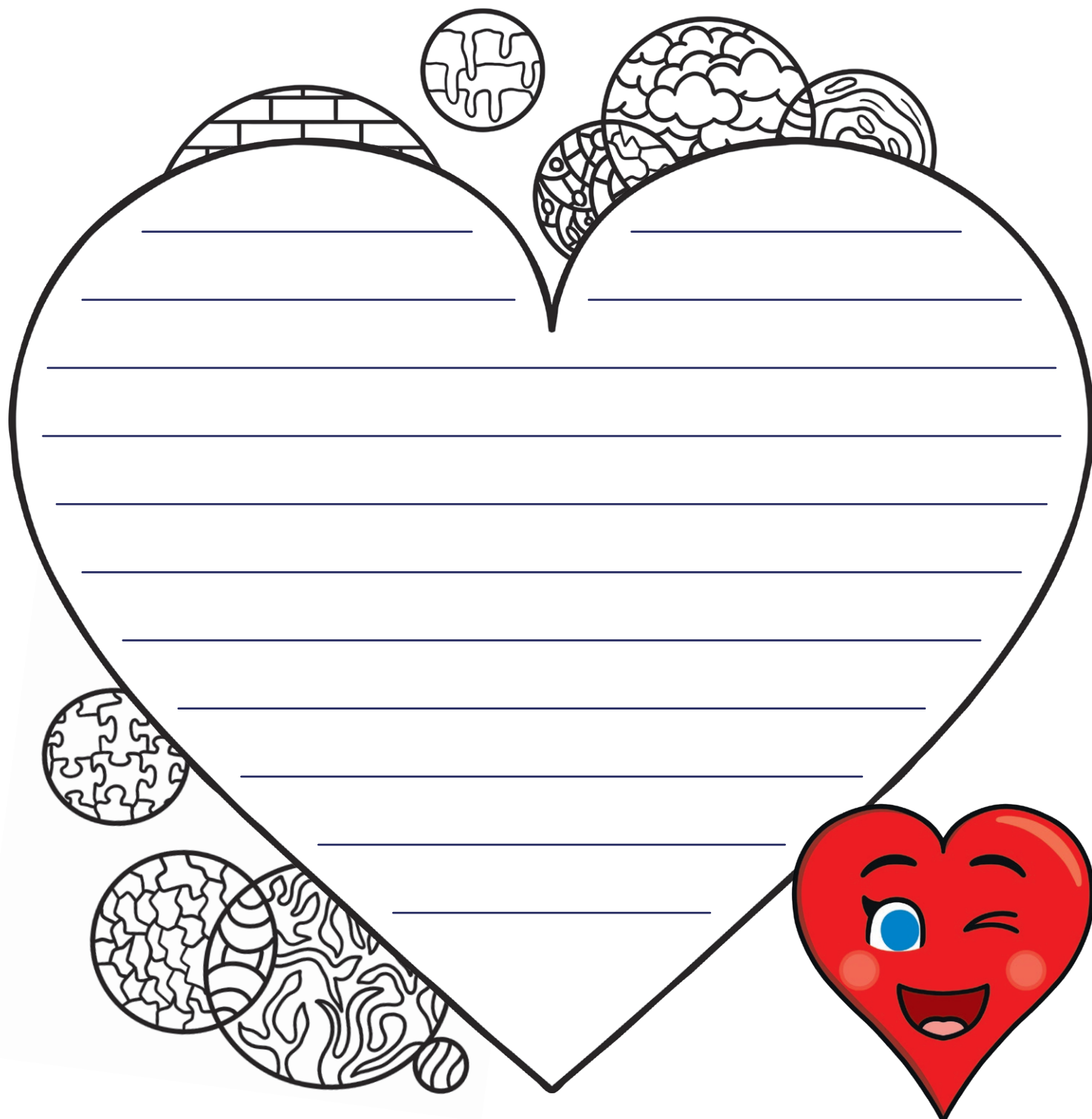
- [CPD anti-bullying online training courses](#)
- Become a United Against Bullying School and enroll on ABA's free whole-school [anti-bullying programme](#) today

My Shape Poem

**ONE
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WORD**

#ANTIBULLYINGWEEK

By _____



My Acrostic Poem



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My Acrostic Poem



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My Pyramid Poem

By _____



**ONE
KIND
WORD**

#ANTIBULLYINGWEEK
