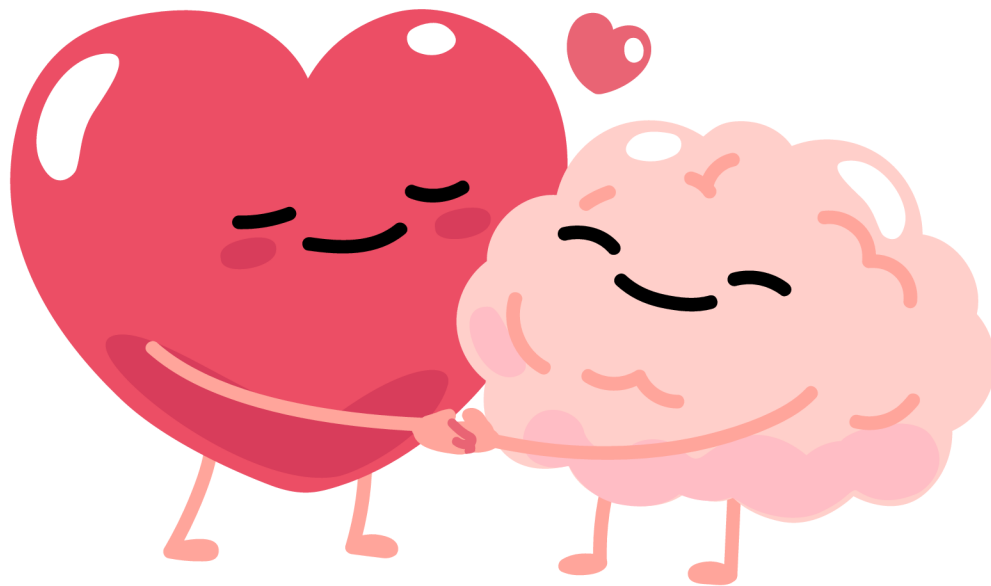


EVERYDAY HEROES

JOURNAL

**EMPOWERING KINDNESS FOR
MINDFUL TEAMWORK**



LIZA KELLY COLLINS

For Sam and Nia

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Disclaimer

This journal is designed to encourage creativity, self-expression, and reflection in children. While every effort has been made to ensure the activities are age-appropriate and beneficial, it is important for teachers and parents to monitor the content and support children as they use this journal. The author is not responsible for any unintended consequences or interpretations that arise from its use.

If your child experiences any emotional discomfort or distress while completing the journal, please stop the activity and provide appropriate support.

For any concerns regarding your child's well-being, please consult a qualified professional.

Praise for Liza's Journals



'Liza's journals are a great resource for young minds, offering fresh perspectives on a topic that matter to today's youth. With its engaging content each journal will encourage young people to think critically and explore their thoughts and feelings. It's the perfect companion for any young person eager to learn, grow, and make a difference in the world'.

~Linda James, MBE Founder/CEO BulliesOut

'These journals empower children to cultivate self-awareness, harness the strength of their inner voice, and learn the value of setting healthy boundaries'.

~Jessica Hickman, Founder of Bullyology, Author, TEDx Speaker

Bullying behaviour needs to be addressed as early as possible in schools as the impact of bullying can last a lifetime. These journals give space for open discussion and for children to express how they are feeling. This work can bring about immediate change which can last a lifetime, building confident and resilient young people who know they are heard and are valued'. The Team agreement journal is also vital in addressing the issue of bullying in schools for staff to have a consistent approach to deal with bullying behaviours.

~Jane Cook, Queens Nurse, RGN, Health Visitor

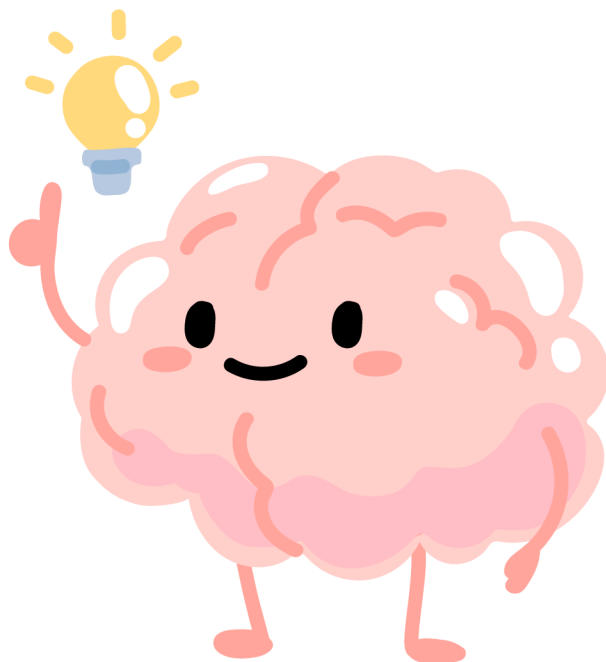


FOR GROWN UPS

Bullying behaviours often start in childhood and if not addressed follow us into our teenage years, adulthood and the workplace.

Through reflective practice, we can guide children to understand what bullying behaviour looks like, why it's never okay, and empower them with the tools they need if they ever encounter it.

Together, let's nurture the next generation of compassionate champions helping children embrace their true inner strength!





HELLO THERE!

Hi, I'm Liza and I'll be your coach through this journey!

This Team Agreements journal is all about learning how to create a team environment at school where everyone feels safe, respected, and valued.

Together, we'll explore how you want to be treated and how you want to treat others, making agreements that help your team and friends feel strong, included, and ready to learn together.

Let's get started and build a fearless future—one brave heart and mind at a time!

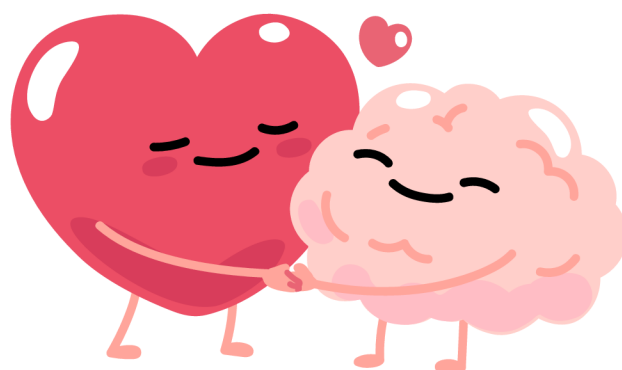


TEAM AGREEMENTS

We set up Team Agreements because we care about how our classmates feel. In our class, we all agree to:

- Be kind to each other.
- Speak kindly and never say mean things about someone behind their back.
- Help each other when we see someone being treated unfairly.
- Tell the truth and try to fix problems together.
- Include everyone in games, activities, and conversations.

Team Agreements help to keep us safe and help us to speak up when we see something that is not right - on the next page there are some examples for you to practice - or you can make up your own with your classmates - it's up to you.



SCENARIO 1

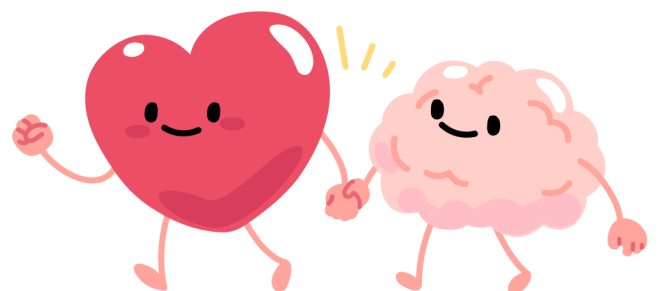
Talking Behind Someone's Back

Problem: You hear a group of children saying mean things about someone when they are not around. Instead of stopping them, more children join in.

What we do:

- If we have a problem with someone, we talk to them kindly and respectfully.
- If we hear someone saying something mean about another person, we ask them to stop and encourage kindness.

Question: What would you do if you hear your friends saying mean things about someone in the playground?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



SCENARIO 2

Scenario 2: Being Mean in Class

Problem: One child keeps saying that another child's work isn't good and makes fun of them during class. This makes the child feel upset and lose confidence.

What we do:

- If we have something to say about someone's work, we do it kindly and suggest ways to help, not hurt.
- We don't put others down, and we are always encouraging each other.

Question: What would you do if someone in your class was being teased for their work?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



SCENARIO 3

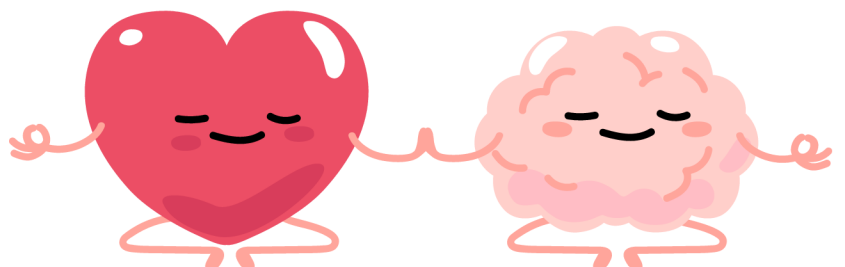
Leaving Someone Out

Problem: Some children in the class are planning a fun game or activity but purposely don't invite one child to join, making them feel left out and lonely.

What we do:

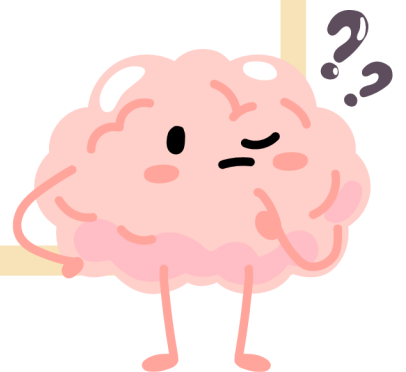
- We include everyone in our games and activities, so no one feels left out.
- We are kind and make sure everyone has a chance to play together.

Question: What would you do if you see one of your classmates being left out of a game?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



SCENARIO 4

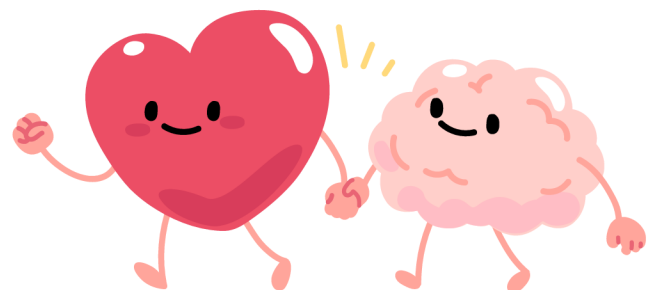
Posting Mean Comments Online

Problem: A child shares a picture of another child online and says something mean about them. This hurts the other child's feelings.

What we do:

- We are kind to each other online just like we are in person.
- We never post anything that could upset or hurt someone else's feelings.

Question: If someone shares a mean picture or comment about a classmate online, what would you do?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



SCENARIO 5

Not Including Someone in Learning Activities

Problem: During a group activity, one child isn't asked to join the group, and the teacher doesn't notice. The child feels upset because they want to help and learn too.

What we do:

- We make sure everyone gets a chance to help and learn.
- We speak up if we see someone being left out and make sure everyone is included.

Question: What would you do if you notice a classmate being left out of group work?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



SCENARIO 6

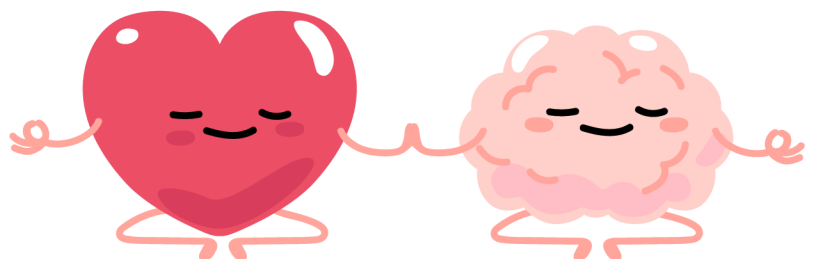
Mean Jokes

Problem: Some children are making jokes about the way one child talks, making them feel embarrassed and uncomfortable.

What we do:

- We know that jokes can sometimes hurt people's feelings, so we are careful with our words.
- If someone doesn't like a joke or seems upset, we stop and say sorry.

Question: What would you do if someone made a joke that hurt your friend's feelings?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



SCENARIO 7

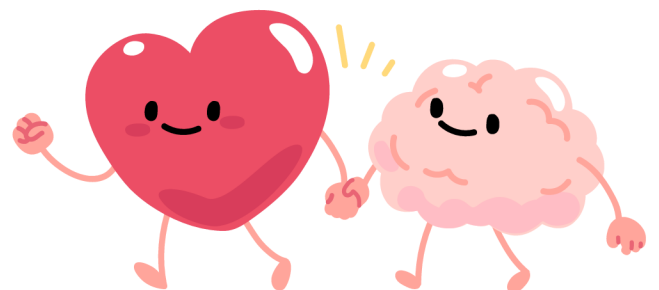
Excluding a Classmate in the Playground

Problem: One child is being left out during playtime and isn't invited to play with the rest of the group, making them feel lonely.

What we do:

- We always include others in our games, making sure no one is left out.
- If we see someone alone, we invite them to play with us.

Question: What would you do if you saw someone sitting alone during playtime?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.

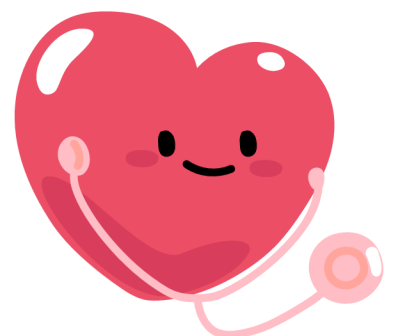


YOUR FUTURE

What does feeling safe and happy at school look like?

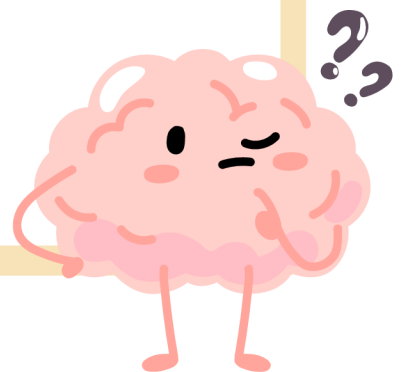
How will you keep feeling strong and brave to speak up against bullying behaviour in the future?

What have you learned about yourself?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



POSITIVE WORDS



Psst... I'll let you into a secret... when you say positive words out loud every day they will start to sink into your heart and mind and make you feel better.

I am safe

I am calm

I am loved

I am happy

I am brave

I am awesome

I am powerful

I know how to say NO!

I know how to speak up

I know how to ask for help

I sleep peacefully every night

I AM AMAZING!!



HOW DO YOU FEEL?



Do you feel brave, safe and supported?

Do you have a clear plan on what to do next?

Do you know how to set up Team Agreements?

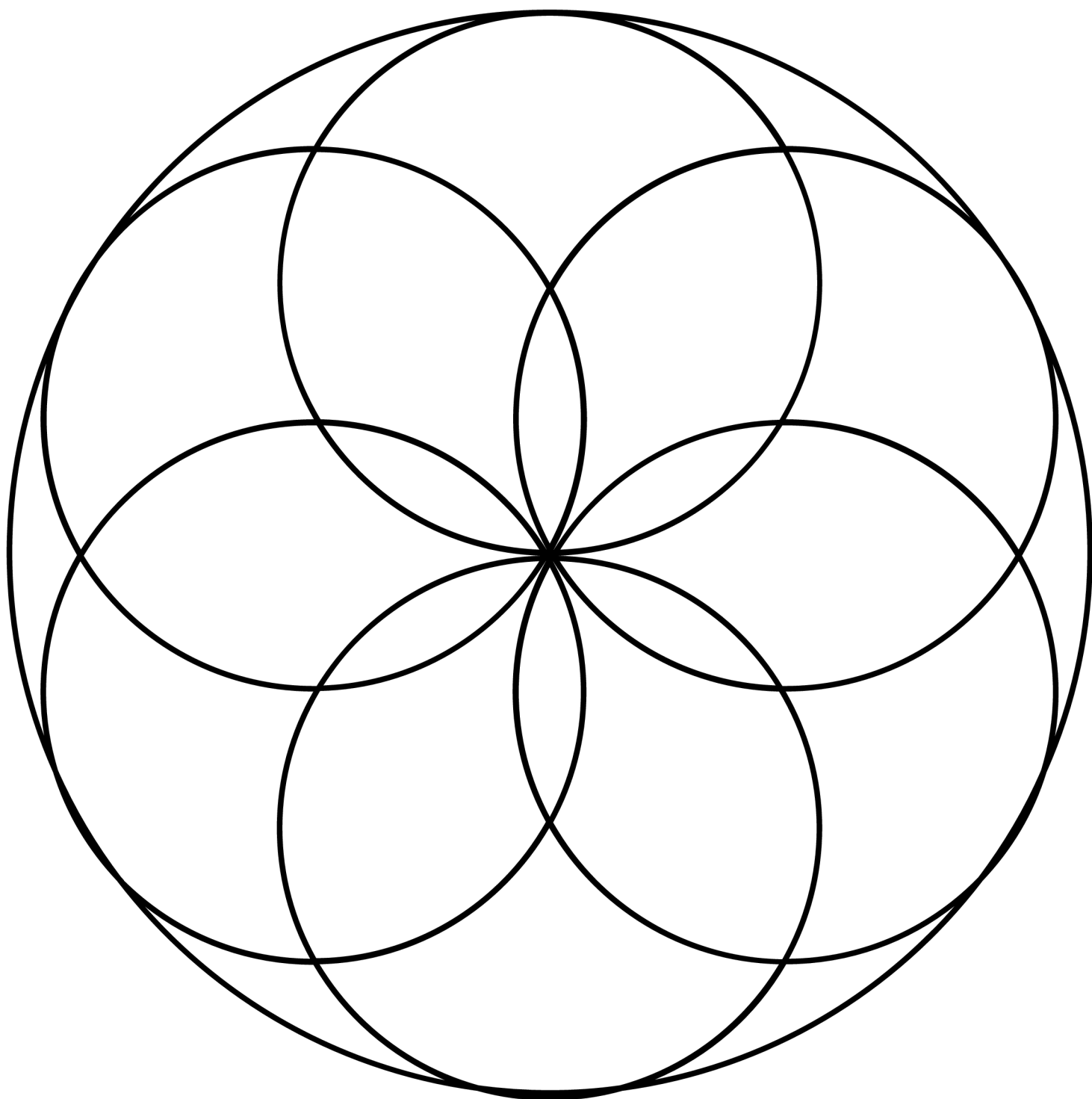
Do you know what to say to someone who refuses to use the Team Agreements?

Remember I think you are very brave!

Keep going....Here is a drawing for you to colour in and put in a place to remind you about how well you have done.

Bye for now!

Liza x



ABOUT THE AUTHOR

Liza Collins is a mum of two and has worked in the National Health Service for over 30 years, as a change maker and leading programs to help people feel better and work well together.

As a leadership coach Liza helps children, teenagers and grown-ups lead with emotional intelligence and compassion, and to reflect on their behaviour and how it may affect others. Liza empowers everyone to find and master the leader on the inside because this is the leader we show on the outside.

For more information visit www.lizacollins.co.uk



FURTHER SUPPORT

Websites:

Bullies Out: www.bulliesout.com

National Bullying Helpline: www.nationalbullyinghelpline.co.uk

Young Minds: www.youngminds.org.uk

Barnardos: www.barnardos.org.uk

Child Line: www.childline.org.uk

