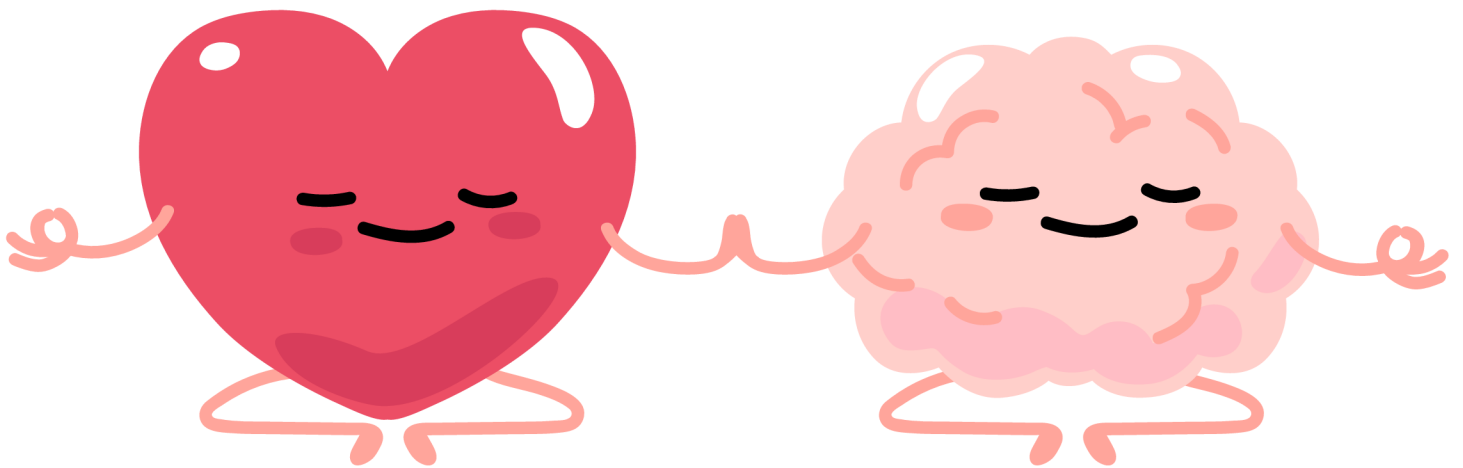


MY INNER HERO JOURNAL

**SELF REFLECTION TO PREVENT
BULLYING BEHAVIOUR**



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 Bullyology, Author and 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

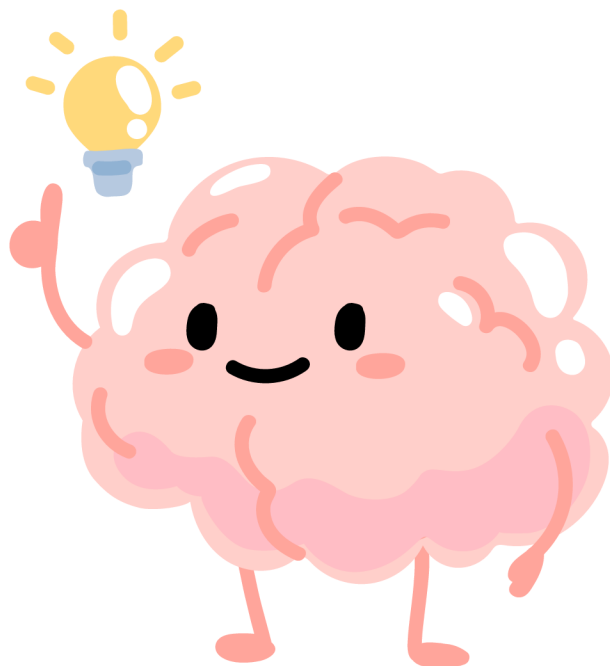


FOR GROWN UPS

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 Reflective Practice journal is your special place to understand what's happening in your life and to recognise how other peoples actions affect you.

Together, we'll explore what bullying behaviour looks like, think about your own actions, and discover ways to feel stronger, kinder and more confident.

By becoming more self-aware, you'll find the power to grow into the best version of yourself!

Let's get started and create a kinder world, one reflection at a time!



UNDERSTANDING BULLYING BEHAVIOUR?

Let's talk about what bullying behaviour really means. Bullying is when someone keeps hurting, teasing, or being mean to someone else on purpose. It can happen in different ways—sometimes with words, sometimes with actions. It's important to know what bullying behaviour looks like so we can stop it and help each other.

Bullying behaviour is when someone does something hurtful on purpose and keeps doing it. Here are some examples:

Bullying happens when...

- Someone keeps calling others mean names.
- Someone hurts others by hitting or pushing them.
- Someone leaves someone out of games or groups on purpose.
- Someone spreads lies or rumours to make others feel bad.
- Someone takes away someone else's belongings, like their backpack or lunch, to upset them.



WHAT IS BULLYING BEHAVIOUR?

How do you know if someone is showing bullying behaviour?

What if you show bullying behaviour - how would you know?

Why do you think it is important to talk about bullying behaviour?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



YOUR STORY

Can you think of a time when someone was mean to you on purpose?

How did it make you feel?

What did you do when it happened?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



THINKING OF OTHERS

Can you think of a time when you may have been mean to someone else on purpose?

How did it make you feel?

How do you think it made the other person feel?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.

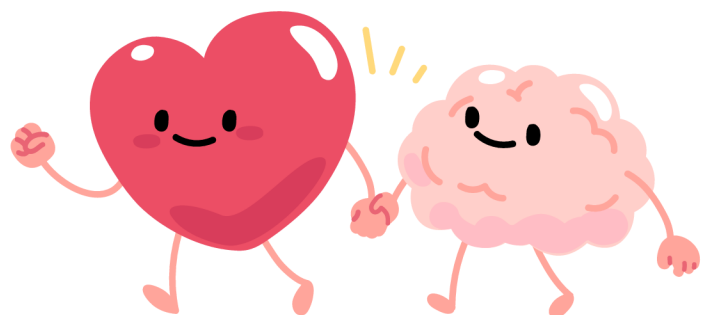


FIND YOUR HELPERS

Who are the grown-ups at school you trust?

Who are the people at home who love and care about you?

How can these people help you if you tell them what's happening?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



ASKING FOR HELP

Have you talked to a teacher or another grown-up about how you feel?

Write down what you might say to ask for help.

How do you feel about asking for help?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



FEELING GOOD

What are some fun things you like to do that make you happy?

Who are the people who you feel good being around?

How can you do more of these things each day?

Why is it important to do things that make you happy?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



SAYING "NO"

Think of ways to tell someone who has bullying behaviour to stop - like saying 'Stop it!' or 'Leave me alone!'

Practice writing or saying this out loud.

What can you do if the bullying behaviour doesn't stop?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



POSITIVE THOUGHTS

Write down three good things about yourself.

1.

2.

3.

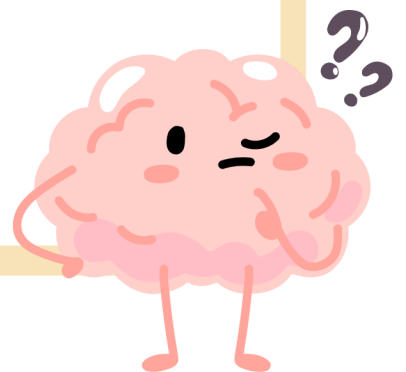
How do these good things make you feel?

Keep these words where you can see them every day.



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



MAKING A PLAN

Why is it good to write down when someone uses bullying behaviour towards you?

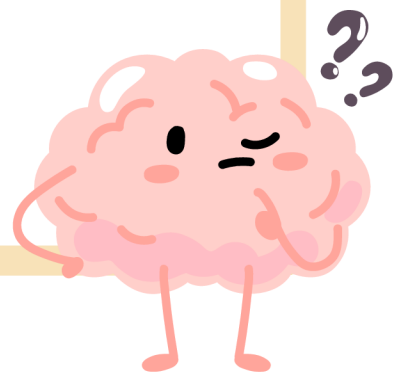
Write down the date, time, what happened, and who was there.

How can this help when you talk to a grown-up about it?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



TELLING SOMEONE

Who can you tell at school if someone is using bullying behaviour towards you?

Write down what you can say when you tell them.

What can you do if nothing changes?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.



YOUR CHOICES

What can you do if the bullying behaviour doesn't stop?

Are there other groups or clubs at school where you feel safe and happy?

Have you talked to the grown-ups in your life about different ways to feel safe and happy?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.

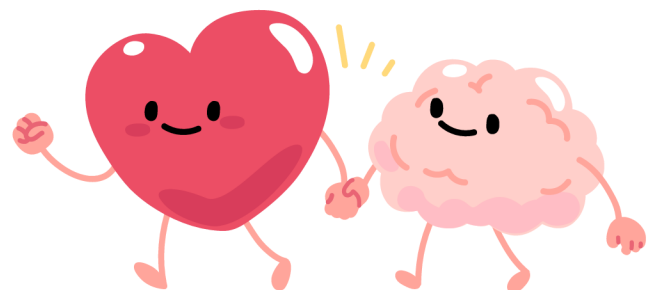


MOVING FORWARD

How do you feel now compared to when you first started this journal?

What have you done to feel better about the bullying behaviour?

What have you learned about yourself?



MY THOUGHTS

Write, draw or doodle any thoughts that come up.

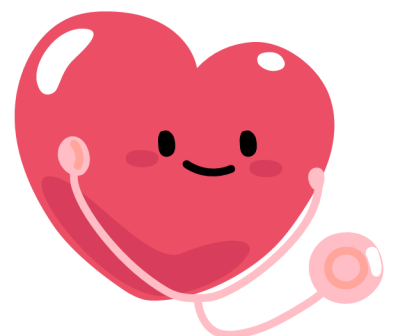


YOUR FUTURE

What does feeling safe and happy at school look like?

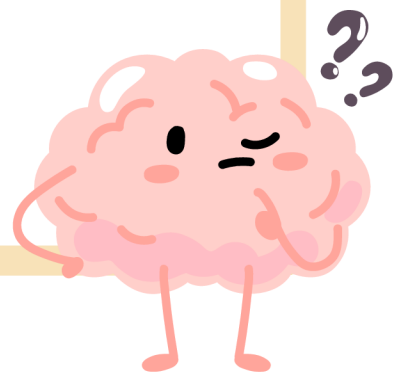
How will you keep feeling strong and brave in the future?

What else?



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 which trusted grown-ups you want to speak too?

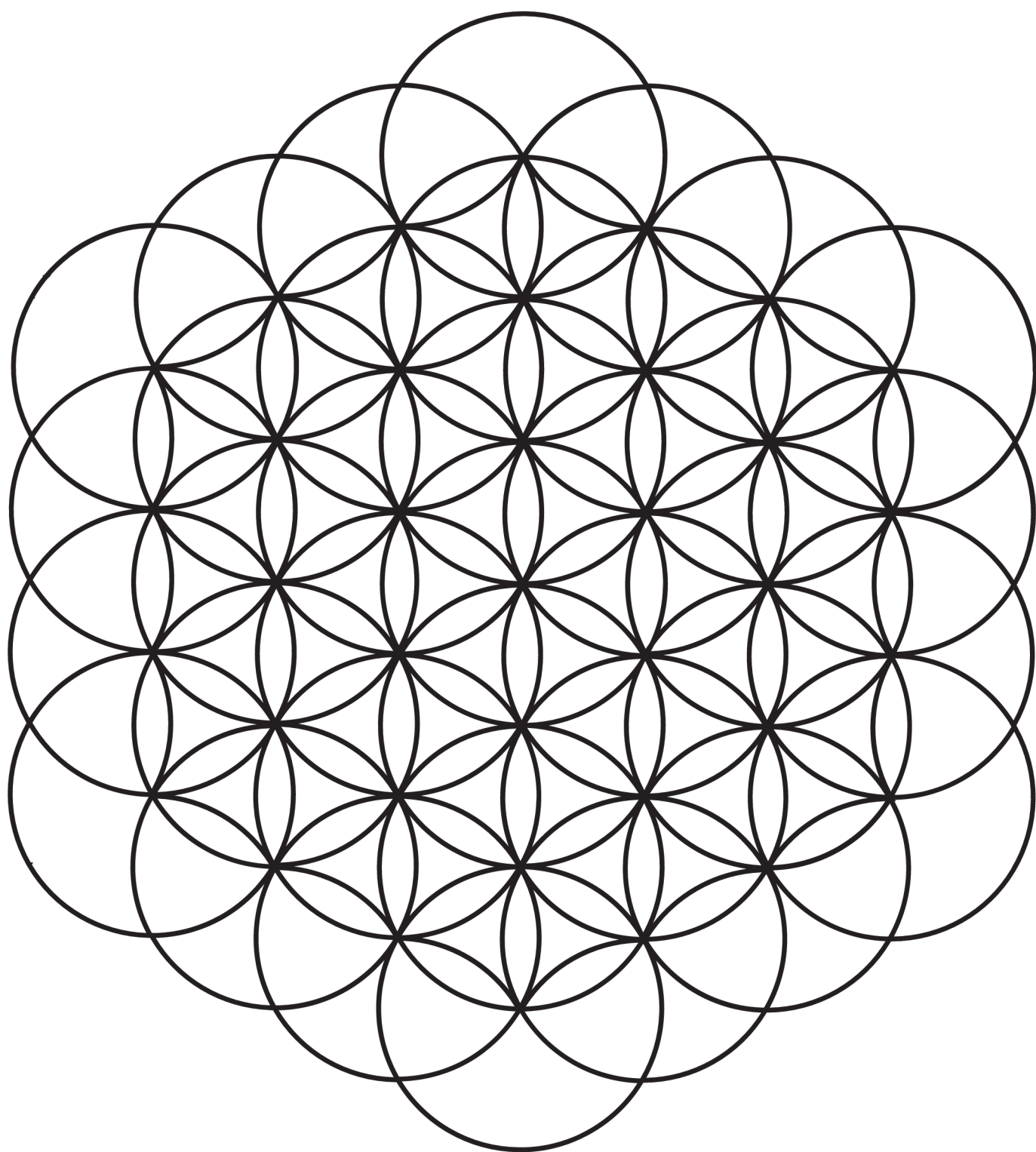
Do you know what to say to these grown-ups?

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

