

The background is a vibrant, abstract composition of thick paint strokes and splatters in shades of blue, green, red, and yellow. A large, light gray circle is centered on the page, containing the main title and subtitle.

A CREATIVE WORKBOOK

# REMARKABLE ME

WEEK 4  
CYBER BULLYING &  
STAYING SAFE

7 WEEK TRANSITIONAL SUPPORT PROGRAMME

# WEEK 4 RESOURCES

1

ARTS & CRAFTS INCLUDING PENS & PAPER

2

WORRY BOX

3

THINGS TO MAKE AN OBSTACLE COURSE

4

BLINDFOLD

5

6

7

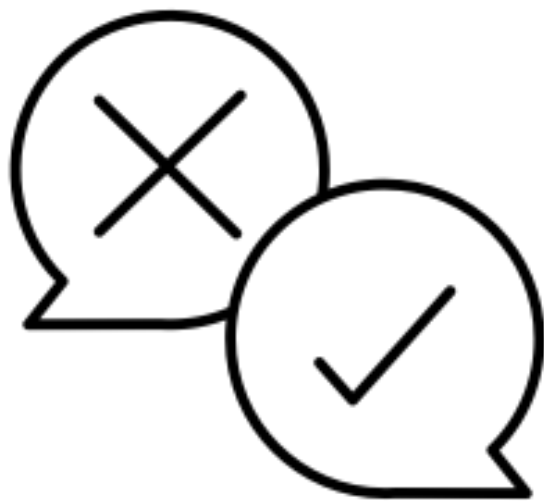
8





# CYBER BULLYING FACTS

FOR THIS ACTIVITY YOU WILL EITHER NEED TO  
STAND UP OR SIT DOWN



## LISTEN TO THE CYBER BULLYING FACTS

Listen to the Cyber bullying facts  
and decide whether you think  
they are TRUE or FALSE.

STAND UP IF TRUE

SIT DOWN IF FALSE



# CONNECT TEAMS

YOU WILL BE PUT INTO YOUR CONNECT TEAM



## WRITE YOUR OWN ONLINE GUIDELINES/RULES



Have a think about what rules are important to follow online to keep you and others safe and happy. Display and decorate these however you like.



# TRUST OBSTACLE

FOR THIS ACTIVITY WILL NEED TO CREATE AN OBSTACLE OUT OF ITEMS YOU HAVE IN YOUR HOUSE. YOU WILL NEED A PARENT OR SIBLING.



## MAKE AN OBSTACLE COURSE OUT OF THINGS YOU HAVE IN YOUR HOME (CLEAR COMMUNICATION IS KEY)



Ask a parent or sibling to help out with this activity.

The guider should take the blindfolded person around the obstacle course safely and calmly. Swap roles so that you both can experience being blindfolded.



# REMARKABLE ME CIRCLE

TIME TO SHARE WHAT YOU FEEL WORRIED ABOUT AND WHAT YOU ARE GRATEFUL FOR WITH THE GROUP

# THANK YOU

THINK ABOUT SOMEONE  
IN THE GROUP WHO YOU  
WANT TO APPRECIATE

Put your hand up & wait to be chosen. Say someones name in the group and say why you want to thank them.