DiGii@School

Lesson Resource

National Day of Action Against Bullying & Violence

Years 3-4

DiGii • SAFE

DiGii • CIVIL

DiGii • SAVVY

digiisocial.com

Hi – and welcome.

Perhaps you've used a DiGii@School resource before – or maybe this is your first time. Either way, we hope you enjoy teaching the lesson plan we've created. As with all our resources, content is developed by people who know children – who've worked with them, raised them and studied their developmental needs.

Our special lesson plans give you a peek into Australia's favourite cyber safeguarding and digital wellbeing curriculum-aligned resource. DiGii@School is a whole of school curriculum that teaches the foundation, emerging and real-time skills that help all children to learn protective and proactive behaviours that will see them flourish both online and off.

In our rapidly changing world, the digital lives of children and their parents end up in classrooms and playgrounds as often challenging and always time-consuming attitudes and behaviours. At DiGii we're all about acknowledging that there is no separating children from devices, and that devices supplied with a 'for education' purpose often end up with a 'for entertainment' outcome.

We invite you to **TAKE A LOOK** and think about updating your cyber safeguarding, protective behaviours, and social and emotional learning solution to DiGii@School.

Claire Orange
CEO and Founder

National Day of Action Against Bullying and Violence

"The National Day of Action (NDA) is Australia's key bullying prevention initiative for schools, encouraging whole-school communities to work together to implement evidence-informed positive and proactive solutions to prevent and address bullying.

The NDA theme for 2023 is 'growing connections'. This theme supports research findings that strong school community connections and social skills are protective factors in the prevention of bullying and help enable positive, help-seeking behaviours in students."

Bullyingnoway.gov.au

At DiGii@School, we love this year's theme of 'Growing Connections'. **The most powerful preventative factor in all bullying situations is empathy, and empathy is developed and enhanced through growing connections with others.** When children have empathy, they're far less like to become the perpetrator or the bystander, and those at risk of being bullied are better able to tune into their own feelings and needs and to ask for help earlier and more effectively.

In this Year 1-6 Lesson Plan bundle, students in all year groups watch/read the same book share, "The Invisible Boy" by Trudy Ludwig and then participate in age-appropriate activities that help them to deeply reflect on themselves and others socially. Having empathy starts with noticing those around us who may not feel like they're fitting in even if they're not our close friends or those who may be having a hard time – and then doing something about it.

The Lesson Plans in this bundle teach children the skills that grow their care and connection to others as a powerful antidote to bullying.

NDA AGAINST BULLYING AND VIOLENCE LESSON PLANS

We know that you will enjoy this complimentary Lesson Plan for your students. We're hoping that your school community are all participating so that all students can learn about developing empathy for themselves and others, and growing connections within the school community. Lesson Plans are available for each grouping of year groups as follows:

Year 1 & 2 – #GrowingMyCare – I see and say your feelings.
Year 3 & 4 – #GrowingMyCommunity – I am an includer.
Year 5 & 6 – #GrowingMyConnections – We're all connected.

HOW TO USE THIS RESOURCE:

Each year group has a fully resourced lesson plan with relevant activity resources provided.

Lesson Plan – lesson plans are easy to follow and can be adapted to suit your class.

Display Resource – display resources are provided with slide numbers indicated on the lesson plan so that you can easily follow it.

Activity Resources – print to use during the lesson. Indication will be given in the section below if there is any preparation needed ahead of the lesson.

REINFORCING THE MESSAGE OF EMPATHY IN YOUR COMMUNITY WITH MUSIC

Do you remember the words from a song in your childhood that touched your heart? Most of us do.

Music has been used by all cultures since the beginning of time to share messages and stories. When it comes to #GrowingConnections, there are some wonderful songs that get the feet tapping and the head thinking.

Perhaps you can play some of these songs in your class or at your assembly that help children to remember to be kind, to include others and to always walk a mile in another's shoes.

Lean on Me (Glee + lyrics)

https://www.youtube.com/watch?v=MnqpfBCwhSA

We are gonna be friends (The White Stripes + lyrics)

https://www.youtube.com/watch?v=GTu5ltfX2dw

Stand by me (Ben Elton + lyrics)

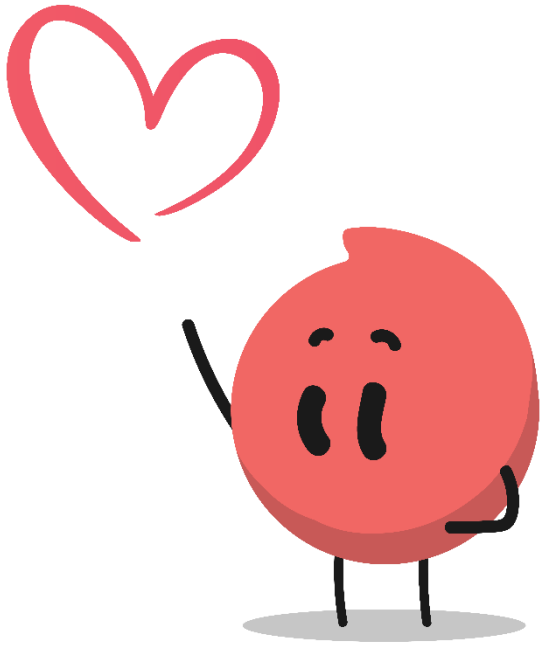
https://www.youtube.com/watch?v=7rZyI7kPZMI

You've got a friend in me (Toy Story + lyrics)

https://www.youtube.com/watch?v=zIYOJ_hSs0o

You've got a friend (Cover)

https://www.youtube.com/watch?v=7VjhHbUQjIM



Year 3-4 Lesson Plan - #GrowingMyCommunity

Preparation:

- Print enough A3 copies of Activity Resource 1 (Section 2) providing one copy to each small group.
- Print enough A4 copies of Activity Resource 2 (Section 3) to allow 2-3 bands per child. These will need to be cut out individually ahead of time. Once coloured, bands can be stapled or stuck together to create a wrist band.

SECTION: 1	**FOCUS**: DiGii Watch	**TITLE**: The Invisible Boy

Slide 2
 	
Slide 3
 	
Slide 4
	• Watch 'The Invisible Boy' by Trudy Ludwig or alternatively, source this book from your school library and read aloud. YouTube video embedded in Display resource and link here: https://www.youtube.com/watch?v=cNHc2XCultQ
	• Ask the children some of the ways that Brian felt invisible:
	  ○ When his teacher was dealing with other problems.
	  ○ When he didn't get picked to play on a team.
	  ○ When the children talked about a party that he wasn't invited to.
	• Ask the children how Brian might be feeling and record their feeling words in the spaces. *A rich emotional vocabulary helps children to have enough words to recognise and explain their own feelings and to have empathy when others talk about their feelings.*
	• Ask the children to identify why Brian might be more likely to get picked on or bullied without having enough supportive friends around him. Discuss the importance of having friends in helping us to feel like we belong, to be there for us and to stick up for and defend us.	

SECTION: 2	**FOCUS**: DiGii Make	**TITLE**: We are includers

Slide 5
 	
Slide 6
 	
Activity Resource 1
 	
Slide 7
	• In a seated group, ask the children to remember a time that they didn't feel included and how that had felt for them. Ask what might have happened differently in that situation to feel more included:
	  ○ Someone noticed and invited the child to join in.
	  ○ Someone went up to the child and asked if they were OK.
	  ○ Someone encouraged their friends to include the excluded child.
	• Ask the children to describe the key qualities of an includer (eg. Kind, observant, fair, warm, inviting) and record all of the answers in the spaces provided.
	• Show the children the partially completed acrostic, identifying that children will work together in small groups to create their own acrostics, using each of the letters to come up with a word or sentence that describes the qualities and actions of an includer.
	• Organise the children into small groups, providing each with a copy of Activity Resource 1 – We are includers. Each group completes their acrostic, taking time to decorate their sheet. Display these somewhere prominent (school library) when completed.
	• When completed, ask groups to contribute their word or sentence for each letter and as a class identify which of these words or sentences is voted on most highly. Enter that into the empty fields on the Display Resource or directly onto a class copy of Activity Resource 1. Each Year 3 and 4 class participating is encouraged to share their acrostic with another class.	

SECTION: 3	**FOCUS**: DiGii Share	**TITLE**: #GrowingMyCommunity
Activity Resource 2	• Provide each child with 2-3 bands from Activity Resource 2 (cut apart individually). Each child is to colour their bands, stick the right end of the band over the left to create a circular wristband. At recess or lunch, encourage the children to take their wristbands and to gift them to other children who they observe performing the high empathy, community-building actions on the bands.	

DiGii@School

Australia's Favourite Whole School Cyber Safeguarding and Digital Wellbeing Curriculum

Year 1 & 2
Protecting ME
in a Digital World

Year 3 & 4
Learning about US
in a Digital World

Year 5 & 6
Connecting Skills to Practice
in a Digital World

- 16 fully resourced Lesson Plans per year group
- National Curriculum aligned and reported

- On-platform, experiential learning

Learning Modules
(4 Lessons in each)
- I am SAFE (online)
- I am RESPONSIBLE (online)
- I am KIND (online)
- I am STEADY (online)

Learning Modules
(4 Lessons in each)
- ME online (self)
- WE online (social)
- US online (global)
- THEM online (threat/risk)

Learning Immersion
- In-class social networking simulation (DiGii Social)
- Auto-deployed education
- Interaction responsive guidance and correction

Preview Platform

Please take a look around the Year 1-4 Preview Platform where you can see just how easy it is to teach fully resourced lessons that, on completion, report against the National Curriculum outcomes.

Click **HERE** or copy and paste this link:

https://school.digiisocial.com/eval

Educational training wheels
for digital life

DiGii SOCIAL

Take a look at the Year 5-6 immersive platform.

Click **HERE** or copy and paste this link:

https://youtu.be/TrMX-qvjyE8

Trusted eSafetyProvider
esafety.gov.au