

# How to Deal with Bullying Behaviour Flash Cards

Here are a few ideas about how you can manage bullying behaviour or people that may be unkind to you. The flashcards can be used separately or you could hole punch the corner and tie them together making a little book so you can search through the ideas when you need to.

Be  
confident  
and happy!



twinkl.com

Play with  
your true  
friends.



twinkl.com

Trust an  
adult.  
Speak to  
them and  
ask for  
help.



twinkl.com

Try to stay  
calm.



twinkl.com

Think about  
what you  
can say to  
stop them  
hurting  
you.



twinkl.com