

Be Kind Lend a Hand

The following lyrics have been written by Mrs Linda Hurley, former primary school teacher and wife of His Excellency General The Honourable David Hurley AC DSC (Ret'd) Governor of New South Wales. Use them with your students to create a community of upstanders and promote kind behaviours.

Watch Mt Pritchard Public School's video clip of the song at <https://www.youtube.com/watch?v=IRsCINc9PME&t=30s>

» **You could try:**

- Creating your own version of the song
- Making a video clip of your students to the song
- Singing it at a school assembly

Share your creation with us at www.facebook.com/Interrelate or marketing@interrelate.org.au to feature on our Facebook page and Say No to Bullying poster competition campaigns!

Song Lyrics

**Bullying is hurtful it's unkind and it's bad
If you are bullied it makes you feel so sad
A bully needs to know and change they should make
If you are hurting others it is a big mistake**

**Be kind to everyone let's help out
Bullying is something we don't want about**

**Being kind is better it's good to lend a hand
If someone's looking lonely to see them smile is grand
Go and say help and ask them to join in
You'll both feel so much better and a friendship can begin**

**Be kind to everyone let's help out
Bullying is something we don't want about**

**If you see a bully tell your mum or dad
Your teachers also care so tell them if you're sad
We want a happy place where we can learn and play
If we care about each other we all have a happy day**

**Be kind to everyone let's help out
Bullying is something we don't want about**