

**Welcome to the Anti-Bullying
Alliance Week
15th – 19th November 2010**

**Introducing Massage in Schools
Programme with Anna-Michele Hantler**



Anna-Michele Hantler

Emotional Education Through The Arts

www.anna-michele.com



‘Taking Action Together’



Massage Movement Theme



Sung to the theme of 'Got the whole world in his hands'

**V1 We're taking action together to
keep us safe
We're taking action together to
Keep us safe
We're taking action together to
keep us safe
And keep us free from harm**

**V3 It's up to everyone to play a part
It's up to everyone to play a part
It's up to everyone to play a part
And keep us free from harm**

**V5 Stepping up together to play a part
Stepping up together to play a part
Stepping up together to play a part
And keep us free from harm**

**V2 From the tall to the small,
include them all
From the tall to the small,
include them all
From the tall to the small,
include them all
And keep us free from harm**

**V4 Don't turn your back on anyone
Don't turn your back on anyone
Don't turn your back on anyone
And keep us free from harm**

**V6 Were taking action together
to keep us safe
Were taking action together
to keep us safe
Were taking action together
to keep us safe
And keep us free from harm**

Verse 1



**We're taking action
together to keep us safe**

**We're taking action
together to keep us safe**

**We're taking action
together to keep us safe**

**And keep us free from
harm**

Actions:

**Stand in a circle, join hands
and move round clockwise.**

**Wrap your arms across your
chest**

**Circle your arms and bring
down to rest on your partners
shoulders**

Verse 2



**From the tall to the
small, include them all**

**From the tall to the
small, include them all**

**From the tall to the
small, include them all**

**And keep us free from
harm**

Actions:

**Hands above your head for tall
and down to your knees for
small**

Circle your arms

**Circle your arms and bring
down to rest on your partners
shoulders**

Verse 3



**It's up to everyone to
play a part,**

**It's up to everyone to
play a part**

**It's up to everyone to
play a part**

**And keep us free from
harm**

Actions:

**Stand in a circle and join
hands. Move into the middle
with each line and raise your
joined hands**

**Circle your arms and bring
down to rest on your partners
shoulders**

Verse 4



Don't turn your back on anyone

Don't turn your back on anyone

Don't turn your back on anyone

And keep us free from harm

Actions:

Turn your back away from the circle to the left and right alternately

Circle your arms and bring down to rest on your partners shoulders

Verse 5



**Stepping up together to
play a part**

**Stepping up together to
play a part**

**Stepping up together to
play a part**

**And keep us free from
harm**

Actions:

March on the spot

**Circle your arms and bring
down to rest on your partners
shoulders**

Verse 6



**We're taking action
together to keep us safe**

**We're taking action
together to keep us safe**

**We're taking action
together to keep us safe**

**And keep us free from
harm**

Actions:

**Stand in a circle, join hands
and move round clockwise.**

**Wrap your arms across your
chest**

**Circle your arms and bring
down to rest on your partners
shoulders**



We all have a responsibility to prevent and respond to bullying.

We look for bullying where ever we go.

Pat Hands over Shoulders



**We all
have worries
from time to time.**

**Its much easier
to manage if
we can share
those with
someone.**



Bear walk



**“No one
should be left
to walk alone”**

**There’s always
someone to talk to
if something
is bothering you.**

Butterfly Stroke



**Keep going until
you get the help
you need**





**Don't
just brush it off,
be a calming
presence**

Thank you

You can visit our website at:
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