

## **Are you a Bully? Crumpled vs. Un-crumpled Paper Exercise**

**Materials:** 2 sheets of paper, 1 ripped in half, a pen or a pencil.

**Steps:**

- A) Ask students “what is a bully?” Students brainstorm definition.
- B) Then instruct them to write anything anyone has called them that has hurt their feelings. Examples: Ugly, fat (profanities), incidents that made them feel excluded, made fun of, tripped, victim of anger for \_\_\_\_\_, talked behind their back etc.
- C) Collect their responses (no names on the sheets)
- D) With the full sheet of paper, have the students crumple it slightly every time you read something aloud that would hurt their feelings. There should be no talking so that all they hear is the paper crumpling.
- E) At the end of the activity, have the students hold up the crumpled paper and look at everyone else’s.

**Discussion Questions:**

- Does everyone’s paper look the same? Why or why not?
  - Which statements or words drew the most crumpling? The least? Why?
- F) With the other ½ sheet, have students write something someone has said or done that made their day! Examples: a hug, a compliment, helped them or said anything positive to them....
  - G) Collect papers again.
  - H) Read aloud the comments. Have students un-crumple the same piece of paper from earlier every time something is shared that makes them feel good inside. There should be no talking again as we want to hear which comments make the students un-crumple the most.
  - I) Hold up the sheets to see everyone’s now.

**Discussion Questions:**

- Which comments did you hear the most un-crumpling?
- How do you feel now compared to before when you were crumpling?
- How do you tell if someone looks like? (hold up crumpled paper)
- Watch video: <https://www.youtube.com/watch?v=89iFQwaSZSU>

**Underlying theme: GO OUT AND UN-CRUMPLE SOMEONE’S PAPER! MAKE A CHANGE!!**

