

Quick Bullying Activity

- Have students take out a piece of paper
- Tell them to crumple it up and really mess up the paper, but do not rip it
- Have the students unfold the paper and try to smooth it out
- Tell the students to say sorry to the piece of paper

What's the point?

- Even though they said they were sorry and tried to fix the paper, the paper is still scarred.
- Those scars will never go away no matter how hard they try to fix it
- This is what happens when you bully another person.
- You may say you're sorry, but the scars are there forever

Here is the full story of how a teacher presented this activity

A teacher in New York was teaching her class about bullying and gave them the following exercise to perform. She had the children take a piece of paper and told them to crumple it up, stamp on it and really mess it up but do not rip it. Then she had them unfold the paper, smooth it out and look at how scarred and dirty it was. She then told them to tell it they're sorry. Now even though they said they were sorry and tried to fix the paper, she pointed out all the scars they left behind. And that those scars will never go away no matter how hard they tried to fix it. That is what happens when a child bullies another child. They may say they're sorry but the scars are there forever. The looks on the faces of the children in the classroom told her the message hit home. Pass it on or better yet, if you're a parent or a teacher, do it with your child/children.