

Paper scrunch

1-6

Objective:

To help students understand the harmful effects of bullying.

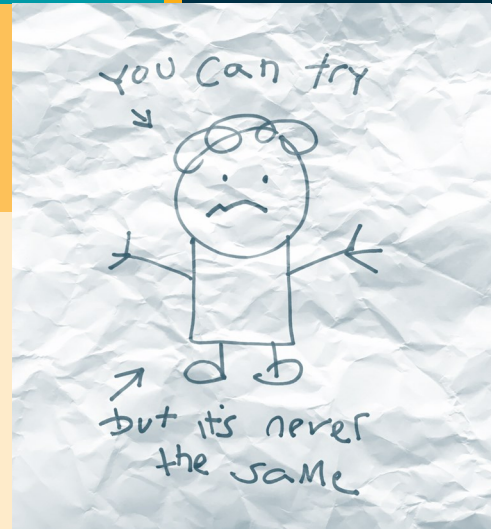
Materials:



Felt pens



Pieces of paper



Method:

- Have each student draw a quick picture of themselves on a piece of paper.
- Ask students to swap their picture with another student.
- Have students crumple up the picture they have been given.
- Pretend that you have made a mistake and ask students to un-scrunch each piece of paper and get rid of the creases.
- Their piece of paper will still have creases in it. This represents what bullying does to someone.
- Talk about how bullying can affect people – you can't undo bullying, and saying sorry won't remove the impact of the bullying behaviour.

Watch...

Nathan Goldsmith,
Special Merit Award
winner, Bullying-Free
NZ Awards 2017
[short film category.](#)

