

Just Trash It!

Time needed: 15 minutes

Recommended Level: Grade 5-8

Categories: Diversity, Empowering, Tolerance

Common Core Standard(s): Writing to convey information

Purpose: Students will 'trash' negativity from the past, and will be able to look toward the future with a new attitude and a new perspective.

DISCUSSION:

Ask students if they have ever had a situation that leaves them with "baggage." Baggage is past feelings of hurt, resentment, regret, embarrassment, or fear from situations that happened long ago. Oftentimes, arguments occur because of things that happened long ago. Letting go of some of those negative feelings can lift a burden off our shoulders, and leave us with a positive energy that we can use to move forward with a new, improved attitude.

ACTIVITY:

Distribute small slips of paper. Play soft music in the background, and encourage students to write down any past baggage that they feel like they are carrying around. Anything that has happened, that is done and over with, anything negative that has happened that is now a part of the past, they can write it down. It can be something that was done to them, it can be something that they did to somebody else - anything! Just write it down.

Place a large trash can in the center of the room, empty other than a fresh trash can liner. As students are ready, they can fold up their little slips of paper. Invite them to "just trash" those past instances of negativity. Once all of the slips of paper have been trashed, remove the liner, seal it tightly, and assure students that it is going straight to the dumpster - no one's eyes will ever see the trash bag again.

FOLLOW-UP:

Discuss with the students how they feel now that they've been released of negativity.

How do we respond to people differently once we let go of the past?

How does viewing situations with a positive mind set instead of a negative mind set change the perspective?



Helping Everyone with Anti-Bullying,
Respect & Tolerance