

# Wrinkles on Your Heart

**Time needed:** 10-15 minutes

**Recommended Level:** All grades

**Categories:** Awareness, Helping victims, Role-playing

**Common Core Standard (s):** Speaking/Listening, Writing

**Purpose:** Students will see that when they bully people or use words to hurt others, those things have a negative effect on other people and on themselves.

## DISCUSSION:

Discuss the following questions:

- Why do we name call?
- Why do we want to hurt people's feelings?
- How does it make us feel to hurt people's feelings?
- How do we feel when someone name calls/bullies us?

## ACTIVITY:

Give each student a piece of paper. Pose the following questions and instruct students to wrinkle their paper every time they can answer yes.

- Have you ever been bullied?
- Have you ever bullied anyone?
- Have your feelings ever been hurt by another person?
- Have you ever hurt someone's feelings?
- Have you ever seen someone being bullied and not stood up for them or tried to get them help?

You can add more questions but the point is they should end up with this balled up piece of paper. Next tell them to straighten out that piece of paper. No matter how hard they try they won't be able to completely flatten it out. This is how we hurt others when we bully. It is long lasting and once our words are out there, we can't get them back and it is very hard to undo the damage we have done.

## FOLLOW-UP:

Students could write a letter (which they can choose to send or not) to someone they think they have hurt by bullying them, apologizing to them in hopes that they can begin to undo any wrinkles they have made.



Helping Everyone with Anti-Bullying,  
Respect & Tolerance