

Children

Bullying Awareness For Children: Wrinkled Wanda

Brief Description/Purpose

To help children understand the impact of bullying, name calling and so on.

Type

Age Appropriate

Children

Ideal Group Size

Any group size but usually used in a regular school class

Time For Exercise

Topic/Subject

Bullying

Detailed Instructions If Needed

On chart paper, have the participants trace an outline of a full body person. (See below for an example) Once the outline has been traced, the participants will write unkind, rude, and disrespectful statements all over the outline. These are statements that could be made to another person like, "You're a loser, Nobody likes you, You are dumb." Identify the drawing as a girl named Wanda. After Wanda is completely filled with a variety of negative comments, have the participants crumple the drawing, and then un-crumple it. Post the wrinkled drawings around the room. Explain to the class that these drawings are examples of what negative comments can do to a person who is bullied. Bullying comments can destroy a person's self image and often leads to a defeated body language in the victim.

Next have the participants do the drawing again. This time write as many positive comments on the drawing as possible. Statements like, "You did such a nice job, or I enjoy your friendship. Fill it with really nice statements. Cut this drawing out, but don't wrinkle it. Post these drawings around the room. This person is now just called Wanda. What is the difference between the two? Have the participants get into base groups and discuss how they would introduce this lesson to their students and invent any variations on the activity that would be helpful to their students.

Additional Information if Available

Cautions/Hints

Children

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Author: Robert Bacal

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