

Level
A

Module Four | Reducing the impact of bullying

Activity One



Trust walk

Students need to rely on each other and know they have each other for support to prevent potential bullying incidents from occurring as well as dealing with bullying incidents. This activity is conducted in groups of three where each student will take a turn in a) being blindfolded, b) leading a person on a walk, c) informing the student of obstacles along the way.

Materials Required

- ✓ For each group of three, a blindfold, a sheet of paper and a soft toy

Step One

Arrange students into groups of three. In a large cleared area, have students in defined segments of the area so they will not bump into each other and where they will be able to hear what other students in their group are saying to them.

Step Two

Give each group of students a piece of paper and a soft toy. Ask the students to place these on the ground near the students, making sure they place them side by side. Explain the rules of the activity. One student will be blindfolded. The second student will hang on to the first student's hand and will be the eyes for the first student to ensure the student does not injure himself / herself. Student one and two stand in front of the objects on the ground. The third student verbally directs the first student to walk around the objects to get to the other side by saying, for example, 'go sideways'; 'take a little step'.



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Step Three

Repeat this activity so each student has a turn at being blind folded. When completed, have the students sit in a circle and talk about friendships and when friendships can sometimes get into a muddle. Explain that we need to trust each other and also behave in a way that is trusting and if we see that a student might be hurt or about to be hurt, we should step in and help the student. Also, when someone is trusting us, we should not go about intentionally hurting them, for example by giving a direction that might have them trip over the toy. So, when someone might be getting bullied, we need to step in and help.

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Activity Two



Cold wind blowing

This activity is designed for students to work together to stop something bad from happening to them. Students in the younger levels can use toys for this activity while the older students can construct the toys using craft materials. Students design a town then build items to stop damage from a big cold wind that is blowing. A discussion is held at the end equating damage that a wind can do to damage a bully can do. Students list statements that can be used to tell a bully to stop the bullying.

Materials Required

- ✓ Small boxes, sheets of paper, miniature figurines of houses, trees, craft materials, fan

Step One

Students need to be divided into small groups of 4 to 5 students. Explain to students that they are to make a village / town out of toys, blocks/cardboard, etc. The town will need things like houses, trees and people.

Step Two

Inform students that the weatherman has just announced that a big cold wind is coming. This wind is very destructive and will be as strong as a cyclone. It will harm and injure things in its way. The students need to work out how they can protect the town. Give the students 15 minutes to construct things. Allow free discussion and highlight to the class some of the things each group is constructing.



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Step Three

When the time is up, ask each group to explain what they did to protect the town. Turn on a fan to see how each town holds up.

Step Four

Have a discussion with the students about bullying. Explain that bullying can be hurtful and damaging to someone just like a cold strong wind can damage things. What we need to do is to protect each other so we don't get hurt. Working together is a way of protecting each other. Helping each other is another way. Telling other students about dangers also protects each other. Explain that a big strong wind is a bit like a bully. Ask the students what is one thing they could say to a bully to stop the bully from hurting them or some other students. List these suggestions on a large sheet of paper that can be hung up on the wall as a reminder for students.

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Activity Three



Petal Power

This activity is designed to promote the positive aspects of both the student's behaviour and the school environment rather than the negative aspects of bullying. Students complete a picture of a flower and record positive messages on the picture as a way of reinforcing positive behaviour and displaying aspects of the school ethos.

Materials Required

- ✓ Large sheets of butchers paper, paints, paintbrushes, pens

Step One

Provide students with a large sheet of butchers paper or cardboard. Provide paints and pens. Draw on the paper a large flower consisting of a straight stem and a circle for the centre of the flower. Inform the students that they will need to paint their own petals on the flower.

Step Two

Have each student paint their own petal on the flower and then write their name on the petal. For those students who cannot write, please provide assistance with this.

Step Three

Pin up the painting on the wall. Ask the students what special things they like about their school, the students at the school, the special things that make up a good friendship. Record these on the picture.