



Activity One

Behaviour and Feelings Box

This activity involves the students identifying the behaviour as bullying behaviour and focuses on students gaining an understanding of the feeling this behaviour provokes. Students undertake a solution focused approach by rehearsing more appropriate behaviour through a role play.

Materials Required

- ✓ A small box labelled behaviour and feeling box
- ✓ Cut outs of the 'Bullying Cards' and 'Feelings Cards' handouts

Step One

Inside a box labelled Behaviour and Feeling Box, place 3 cards with the different types of bullying behaviour (Physical, Verbal and Social) that are recorded on the card in written word format as well as a pictorial version.

Also have cards with different feelings depicted on them in the box too cut – using cut outs from the feelings handout.

**Level
A**

Module One | What is Bullying?

Step Two

Sit with the students involved in the bullying incident and explain that what occurred was not right and together they all need to work out how to change things so it doesn't happen again. Ask the student who was the recipient of the bullying behaviour to pick out a card that represents the bullying behaviour they felt they experienced. Ask the bully to also choose a card that would best describe the bully behaviour. If other children witnessed the event (bystanders) ask them to choose a card too.

Step Three

Ask the targeted student to choose a card to describe how he/she felt when this behaviour occurred. Ask the bully to choose a card that depicted how they felt. Again, repeat this exercise asking the targeted student to choose a card how they thought the bully felt when they did the behaviour. Repeat this with the bully choosing a card how they thought the targeted student felt. Discuss and realign the interpretation to match what the actual response was.

Step Four

Explain that all students need to feel safe and happy at school so how could they change what had happened to make everyone happy. Lead this with an apology from the bully to the targeted student and devise a new response the bully could have utilised. Role play this response in front of the students then ask the bully to role play to the targeted student. Praise the bully in his/her attempt as well as praising the victim's response to the bully's role play.

Step Five

Thank the students for helping sort out the problem explaining that they are smart and courageous to be able to talk about the problem and be able to find a solution. Explain to the students that you are watching how all children behave with each other. Ask the bully to surprise you by showing this new behaviour again (whether that be that day or the next). Even suggest the targeted student might like to try the new behaviour if they have not done so before.

Level
A

Module One | What is Bullying?

Bullying Cards

Verbal Bullying



Physical Bullying



Social Bullying




Level
A

Module One | What is Bullying?

Feelings Cards


Hurt



Frightened




Sad




Lonely



Angry



Happy



Confident



Strong

