

Manaaki


 1-3

Objective:

It's important students know that they are not alone if they're experiencing bullying.

Take time to create your students' support network. This activity is designed to help students think about who they can turn to if they need to talk about bullying.



Materials:


 Felt pens

 Scissors

 Pieces of paper

Method:

- Get every student to draw around their hand on a piece of paper and cut it out.
- Have your students think about who they would be able to talk to if they had a problem or if they needed to ask for help.
- Discuss what kind of people these might be and what the important qualities are, such as trust, honesty, someone who will listen, etc.
- On the cut-out hand, ask students to write one name on each finger.

These could be:

Mum	Dad	Aunt	Best Friend
Gran	Grandad	Uncle	Favourite Teacher
Brother	Sister	Police	Support Service (e.g. Kidsline)

Or writing in their diary (if it helps you to talk about it, write it down!)