Objective:
To help students understand the harmful effects of bullying.

Materials:
- Felt pens
- Pieces of paper

Method:
- Have each student draw a quick picture of themselves on a piece of paper.
- Ask students to swap their picture with another student.
- Have students crumple up the picture they have been given.
- Pretend that you have made a mistake and ask students to un-scrunch each piece of paper and get rid of the creases.
- Their piece of paper will still have creases in it. This represents what bullying does to someone.
- Talk about how bullying can affect people – you can’t undo bullying, and saying sorry won’t remove the impact of the bullying behaviour.