

# Helping hands

Activity

3

Suitable for



## Outcome:

To promote students' understanding that everyone has a role to play in preventing and responding to bullying situations.

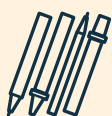
To allow students to consider the practical things they can do to help others.

## Background:

This activity is designed to help students think of the things they can do to help others. It helps students understand the role of the bystander and how even small actions can help others to feel positive and included in the school environment.

This activity links to the Bullying Prevention and Response Guide for Schools (page 26, 10.01), which outlines where bullying prevention work sits within the New Zealand School Curriculum.

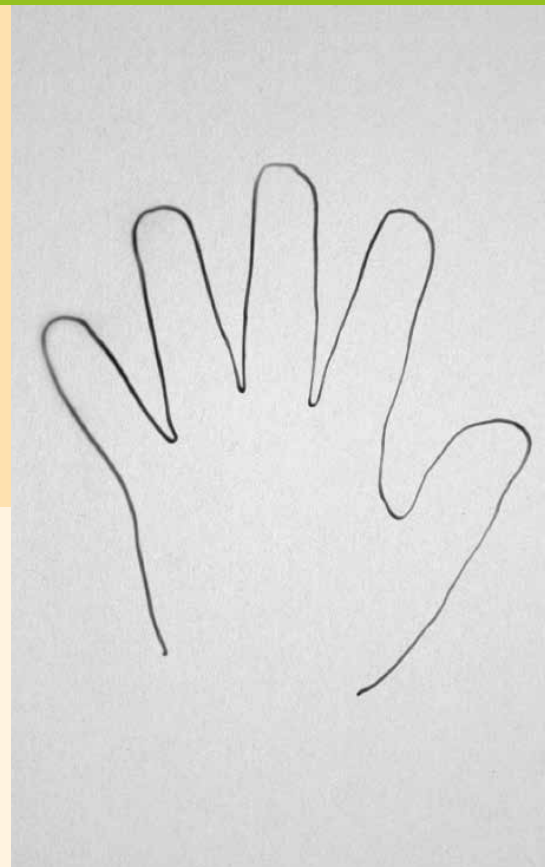
## Materials:



☐ Felts



☐ Sheets of paper



## Method

- For younger students it would be useful to brainstorm as a group, or with adult support, a list of ways in which they help each other. Students can then pick up to five from the list to add to the hand.
- Older students could be asked to think of their own list, or a mix of their own and some shared ideas.

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bullying**freenz**



Ask students to draw around one of their hands.

- Ask them to label each finger with things they can do to help someone who is being bullied.
- Decorate and display the hands in the classroom or school hall.

## Extension Activity

Students share their ideas with their classmates, identifying:

- what they have in common
- what they think they're already good at
- what they think they need to improve
- how could they practise (e.g. role plays).

## Helping hands

# Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.