

Suitable for



Helping Hands

Outcome:

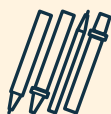
To promote students' understanding that everyone has a role to play in preventing and responding to bullying situations.

Background:

This activity is designed to help students think of the practical 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.



Materials:



☐ Felt pens



☐ Pieces 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.
- 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 are already good at
 - What they think they need to improve
- How could they practise (e.g. role plays).

bullying**freenz**

