

## Crumpled Paper – Lesson Plan



This short and powerful activity has been adapted **from a story** that has been circulating around the web

1. Either provide paper or have students take out a sheet of their own. As a class, ask for students to volunteer words that describe the blank sheet of paper. For example: clean, smooth, useful, etc.
2. Now instruct students to crumple the paper, mess it up, stomp on it, everything except rip it.
3. Tell students to unfold the paper, smooth it out and try to get the paper back to its original state. Encourage them to use whatever tools they can to make the paper the same way it was when they started this exercise. After letting the students try to “fix” their paper have them examine it and as a class share words that describe it. For example: dirty, wrinkled, practically destroyed, etc.
4. Now ask students to apologize to the sheet of paper- admit all the things you did to it and tell it that you are sorry for what you did.
5. Have students to reflect on what they did to the paper and the state that it is now in. Think of how even though they had apologized and did everything they could to return the paper to its original state that there are still many scars that their behavior had left on the paper and those scars will never really go away completely.
6. Now explain to the class that this is the same principle that happens to people when they are bullied. Even if there is a heartfelt apology the scars never completely go away.
7. Give students time to reflect on the message and debrief as a class about their reaction to the activity.