CRUMPLED PAPER
social awareness ▪ individual

Objective
Students will identify encouraging and hurtful words. Students will evaluate the impact of their words, both negative and positive, and reflect how those positive words can encourage and empower.

Materials
- 3 small pieces of paper for each student

#ICANHELP Activity
FIRST ROUND
- Students write down all the negative things people have said to them (dumb, fat, ugly, slut, airhead, worthless, etc) that hurt their feelings on the first piece of paper
- Flip negative words over and turn list in
- Read one word at a time
- Students will take the second paper & crumple it if the word has ever hurt them
- Make sure the students are silent to hear the crumpling
- Do discussion questions

SECOND ROUND
- Students will take the third piece of paper and write all the positive things anyone has ever said to them (like your hair, such a good friend, nice job, you rock, etc) that made them feel good.
- Flip positive words over and turn list in
- Read one word at a time
- Students will take the second paper and uncrumple if the word has ever made them feel good

#IWILLHELP Discussion
FIRST ROUND
- Which words had the most crumpling sound when reading the words out loud?
- Which words hurt you the most? Why?
- Who do we hear these words from the most?
- Do you consider yourself a bully? But have you used those words before?
- When you use these words, are you usually "just kidding" or "just joking"?
- Can you ever completely undo the damage of the hurtful words? (Paper is crumpled and can't get it back to being fully flat.)
- Do you think it is easier to use these words on social media more? Why? (Don't have to see the person's face?)

SECOND ROUND
- Which round felt better?
- What are some ways we can uncrumple someone?

Discussion Notes
To save time you can have the list of words prepared ahead of time.

Writing Extension
How can words encourage and empower? How can words hurt and damage? Reflect and think of specific examples.

#IDIDHELP Challenge
Go "uncrumple" five people today. Count how many times people say "just joking" throughout the day. Make a point to not "just joke" with people in a negative way.