

Torn Heart

Time: 10 minutes

Materials:

Paper hearts (1 per participant)

Preparation:

Cut out paper hearts

Directions:

1. Distribute paper hearts to participants.
2. Discuss how the things that people say and do can have hurt other people's feelings and leave a long lasting impact.
3. Ask participants to describe the heart (looks new, feels smooth, etc.).
4. Ask: *What kinds of mean things do you hear students or adults saying to each other?* As each statement is shared, fold the heart once. Continue until the heart is too small to continue folding.
5. Ask: *What happened to the heart?* (crushed, ruined, etc.)
6. Ask: *What kinds of things have you heard students or adults say to make the person feel better?* As each statement is shared, unfold the heart once. Continue until the heart is completely unfolded. Try to flatten and smooth out the heart.
7. Discuss that just as with people, when mean things are said, the hurt never completely goes away. Discuss how this relates to bullying prevention.

