



Bullying Prevention Activities

Respectacles

Take a pipe cleaner and make a circle. Make sure that the ends are not sticking out.

Repeat with a second pipe cleaner.

Connect the two circles with a third pipe cleaner to form the lenses of your glasses.

Attach one end of a fourth pipe cleaner to the outside rim of your lens. Bend the other end to form the ear piece of the glasses.

Repeat with a fifth pipe cleaner to complete the spectacles.

Put spectacles on and remind to look at situations from someone else's point of view to understand them and work out problems. Spectacles remind us to have respect for others.

Tangle

Form a circle.

Extend both arms into the center of the circle.

Find two hands to hold – the hand may not belong to the same person.

Once everyone is holding hands, instruct them to untangle themselves without dropping hands.

Teamwork takes cooperative effort by a group to achieve a common goal.

Respecting others, involving everyone and working together will encourage groups to get along.

Frenzy

Place an open newspaper page in the center of the room.

Place four more newspapers, one in each corner of the room.

Wad 60-70 pieces of paper into balls and place on the center newspaper.

Divide youth into four groups, and send a group at each of the four corner newspapers.



Instruct the group to try to collect all the paper balls and place them on their newspaper.

Rules are:

No throwing

You can take from other corners once the middle newspaper is empty.

No defending your paper.

You can only have one ball in your hands at a time.

Allow play for 3-5 minutes.

Stop play and instruct them to regroup and strategize for 2 minutes.

Allow play for an additional 3-5 minutes.

With planning and thinking they may or may not realize that the only way for all to win is to work together and quit taking from each other. To show this, pile the newspapers on top of each other in the center of the room and then place all of the paper balls on top. Everyone wins by working together. (The only other way to complete the task is for three groups to agree to lose, which is not likely to happen.)

Walk Apart-Walk Together

Two volunteers stand back-to-back.

The remaining youth call out different things about these volunteers.

Differences sometimes push us apart, so as each difference is identified, the volunteers take one step apart.

When you run out of room ask volunteers to turn and face each other.

Ask the remaining youth to call out similarities about these volunteers.

As each similarity is called out, the volunteers take one step toward each other.

When we judge other people before we really get to know them, we may assume they believe or do things one way when they may not. Sometimes disagreements happen because we don't really know certain people or understand their culture. We need to get to know people before we judge them.

All Tied Up

Participants form a circle.



Tie the group together, using strips of fabric, so that each person is tied to both neighbors' wrists.

Ask group to complete a task like:

- Wrap a package

- Make a snack

- Pour a cup of water for each person

- Complete a puzzle

Sometimes you may feel like you are “tied up” with someone else when you are working with someone to get a job done. Take a step back, assess the situation and figure out a new strategy so that you can work together to accomplish the task.

Newspaper Bridges

Divide the group into teams of six to nine participants.

Give each team newspapers and masking tape.

Instruct teams to make a bridge that is free standing, will allow a cup to pass under it and will hold a jug of water for 10 seconds.

Allow 10 minutes for bridge construction.

Test bridges.

Communication skills can impact a group's ability to work together. Remember to speak clearly and listen to other people's ideas.

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2014