

Bullying Ice Breaker Activity - Crinkled Heart

A powerful visual that hurtful words can never be erased.

Pass out a paper heart.

Ask people in the group for examples of hurtful things that people say or do.

As each example is given, crinkle the paper heart.

Then have all in the group share positive experiences or ways that people can help other feel good.

Then unfold the paper heart and try to flatten and straighten the crinkled heart.

Observe that the wrinkles, crinkles and folds, like hurtful words and actions, can never be erased or removed from the paper.

