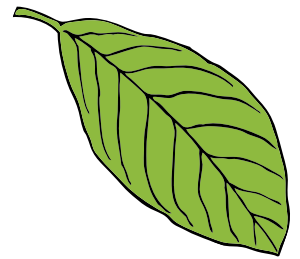




# BIOSEM



## GOOD PRACTICE 18



<b>TITLE</b>	<b>THE WRINKLED HEART ACTIVITIES</b>
<b>COUNTRY</b>	<b>Latvia - LV</b>
<b>MODULE</b>	<b>3a - Cyberbullying</b>
<b>CLASSROOM ACTIVITY OR OUTDOOR ACTIVITY</b>	<b>Classroom activity</b>
<b>INTRODUCTION</b>	<p><b>All you'll need for this activity is a copy of the free heart template and different colored pieces of paper.</b></p> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>• <b>Print a copy of the heart template on the different colored papers — one each for the students in your class.</b></li> <li>• <b>Write the following on your whiteboard: "Before you speak, think and be smart. It's hard to fix a wrinkled heart!"</b></li> <li>• <b>Ask students to share what they think the saying means.</b></li> <li>• <b>Direct each student to create a small ball with their heart template, and then ask them to smooth it out.</b></li> <li>• <b>Explain how this relates back to the mean words we sometimes say to one another — just like the wrinkles that they can't get out of the heart, they won't be able to take back those words.</b></li> </ul> <p><b>For lower years, this anti-bullying activity can be done in conjunction with the book Chrysanthemum written by Kevin Henkes. Chrysanthemum is a thought-provoking tale of a little girl who loves her name and has all the confidence in the world until she starts school and encounters bullies.</b></p> <p><b>Lower Elementary Wrinkled Heart Activity</b></p> <ul style="list-style-type: none"> <li>• <b>Provide each student with a printed paper heart.</b></li> <li>• <b>Read the book aloud or watch Chrysanthemum on YouTube.</b></li> <li>• <b>Encourage your students to listen carefully.</b></li> <li>• <b>When the characters in the story use mean words, encourage your students to scrunch up their paper hearts.</b></li> <li>• <b>Every time Chrysanthemum's parents use kind words, encourage your students to try and smooth out their paper hearts.</b></li> <li>• <b>As a class, discuss the irreversible damage that harmful words and bullying can cause.</b></li> </ul> <p><b>Anti-bullying task</b></p> <ul style="list-style-type: none"> <li>• <b>Whose birthday is between January and July stand up and remain standing.</b></li> <li>• <b>Put your hands on your head.</b></li> <li>• <b>How would you feel if you were asked to stand throughout the whole lesson?</b></li> <li>• <b>This is how people feel when they are being bullied even if they don't show it.</b></li> </ul>
<b>TYPE OF ACTIVITY</b>	<b>Hands-on Interactive Activity and Discussion</b>
<b>EXTRA MATERIALS</b>	
<b>HYPERLINKS TO INTERACTIVE PLATFORMS</b>	