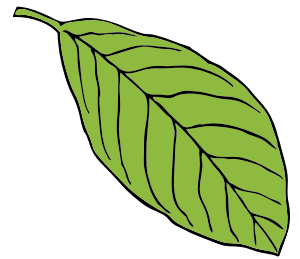




BIOSEM



GOOD PRACTICE 18



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