**Anti-Bullying: Heart Activity**

1. **Describe your paper heart any way you want. Be sure to use complete sentences.**

**For example:**

My heart looks like\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

My heart feels like\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

My heart is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **How is the heart different from how it was before you crumpled it? Describe the heart now.**

Before, my heart was \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Now, my heart is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. **What happened when you tried to smooth the heart out?**

I tried to apologize and smooth the heart out, but \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Conclusion**

**This Activity Represents: Anti-Bullying**

**When we say something hurtful, it leaves a permanent mark/scar.**

**Like with the paper hearts, hurtful words leave marks on our human hearts that cannot be removed...they're permanent.**

**Apologizing to the heart helped, but the heart can**

**never return to how it was before the hurtful words were said.**

**In this room, school, and in life, we must always treat each other with respect- even when we are upset!!! We are all unique and different.**

**We must remember that the only way to**

**keep our hearts smooth is with kindness!!!!**