

## Wrinkled Wanda

**Activity** – On chart paper have your students trace an outline of a full body person. This drawing can look any way they want. Once the outline has been traced the students should write some statements that could be made to another person that are unkind, rude, and disrespectful. E.g. you're a loser, nobody likes you, you are dumb, etc. on the outline that they have drawn. Identify the drawing as a girl named Wanda. After Wanda is completely filled up with all kinds of negative comments, have the students crumple up the drawing, and then un-crumple it. Post the wrinkled drawings around the room. Explain to the class that these drawings are examples of what negative comments can do to a person who is bullied. Bullying comments can destroy a person's self image and at times affect the way a person walks, looks, and carries him/herself.

Next have the students do the drawing again. This time write as many nice comments on the drawing as possible. E.g. you did such a nice job; I enjoy your friendship, etc. Fill it up with really nice statements. Cut this drawing out, but don't wrinkle it up. Post these drawings around the room. This person is now just called Wanda. What is the difference between the two? Have the students get into small groups and discuss this visual.

**How would you introduce this lesson to your students? Can come up with any variations on the activity that would be helpful in your classroom? Share with others if you are taking this course in a group or at an in-service.**