

## Anti-Bullying Tactic 5 – Expressing Your Feelings



**Goal:** Teach students how to express their feelings to a certain type of bully

Time: 1 hour

Materials:

1. Paper
2. Pencils
3. Markers
4. Art Supplies on hand in the classroom. (below are optional)
  - a. Magazines
  - b. Playdoh
  - c. Clay
  - d. Paint and Paintbrush
  - e. Craft paper

Leader's Note:

1. When you are angry or hurt, methods such as Agreeing and Compliments can be difficult to use.
2. Sometimes it is best to express your feelings to a certain type of bully.
3. The type of bully may be someone who is close to you such as a family member or friend.

Leader's Note:

1. If there is tension between you and Aunt Gina, then it may be best to express how you are feeling.
2. View the examples below...

**Your Cousin:** Aunt Gina always gives me nice presents but gives you crap!

**You:** That's good for you! Are you happy or you just want me to be jealous?

Leader's Note:

1. If there is tension between you and Aunt Gina, then it may be best to express how you are feeling.

**Your Cousin:** Aunt Gina always gives me nice presents but gives you crap!  
**You:** Yes, I am jealous! I think she likes you more than me! I don't think it's fair!

Leader's Note:

1. Many people are scared to express their feelings because they think the other person will make them feel worse.
2. Many times, being honest with your feelings causes the other person to be honest as well.
3. View the conversation between two cousins below...

**Your Cousin:** Aunt Gina always gives me nice presents but gives you crap!  
**You:** Yes, I am jealous! I think she likes you more than me! I don't think it's fair!  
**Your Cousin:** Yes, this is true. I think Grandma likes you better than me. She seems to talk to you more than me.

Leader's Note:

1. Sometimes you can express your feelings to people who are not close to you.
2. It may be risky to be honest with people who are not your family and friends.
3. The best way to be honest is to use "I" statements and not to insult or criticize the person.
4. View the example below...

**Bully:** Where did you get those ugly shoes?  
**You:** I can't stand it when people make a negative comment about other people's clothes and shoes. I like my shoes. This is why I wore them! How do you feel when someone makes fun of your clothes or shoes?

Leader's Note:

1. When "I" statements are used, most likely you decrease the use of insults.
2. Using "you" or "should" words can be perceived as critical and insulting.
3. View the example below...

**You:** **You shouldn't** make fun of others! **You shouldn't** be such a bully!  
**You wouldn't** like it if someone called you names!

4. The statements above sound very critical.
5. If expressing your feelings is too much, then you can add some fun to it.
6. View the example below...

**Bully:** Where did you get those ugly shoes?

**You:** (Starts to look tearful)

**Bully:** You are such a wimp!

**You:** (In a pleasant voice) I thought you wanted to hurt my feelings and I was just trying to be helpful.

7. Make it more dramatic by grabbing your stomach and bending over in pain.
8. This is a nice way to "help" bullies when they are trying to hurt you with words

## **Activity 1: Express Yourself!**

1. Brainstorm with the class insults or teasing remarks they have heard from friends or family.
2. Write their answers on the board so everyone can see it.
3. Divide the students into groups of 2.
4. Assign each group one insult or teasing remark.
5. Tell students they will practice expressing their feelings in response to the insult.
6. Students can choose how they will express themselves.
7. Below are examples...
  - a. Make a Sculpture of your feelings with clay or playdoh
  - b. Make a collage of words and pictures
  - c. Draw a Picture
  - d. Paint a Picture
  - e. Create a Dance that expresses your feelings
  - f. Sing your feelings
  - g. Make a Speech about your feelings
  - h. Role play your feelings
  - i. Write a poem or story about your feelings
  - j. Write a letter addressing your feelings
8. Have each group present their Expressions to the class.

### **Debrief the Activity: Ask the students the following...**

1. How did this activity help you express your feelings?
2. How does expressing your feelings help the victim/target?

3. How does expressing your feelings help the bully?
4. Will this activity give you the courage to tell others how you feel in the future?