

## Annex 1: Crumpled Paper Activity

- The teacher gives each pupil a blank sheet of paper and tells them to crumple it up, stomp on it and really mess it up, but be careful not to rip it.
- Then s/he asks the pupils to unfold the paper, smooth it out and look at how scarred and dirty it is.
- S/he tells the pupils to tell the paper they are sorry.
- Even though they said they were sorry and tried to fix the paper, the teacher points out all the scars they left behind and that those scars will never go away no matter how hard they tried to fix it. That is what happens when a child bullies another child: they may say they are sorry, but the scars are there forever!