

# Wrinkled Paper

## External Images and Internal Meanings

**Time needed: 15-20 minutes**

*Recommended for late elementary and middle school age children*

### Materials needed

Writing paper, pen or pencil, and a crumpled ball of paper.

### Instructions

- Family members or class members begin with a clean sheet of paper.
- Each member writes 3-5 (or more) positive words on the sheet which they feel describe them.
  - Scatter the words randomly on the page.
  - Each member may use words or phrases that they think describe themselves or words or phrases they have heard others say about them and believe are true.
- Questions parents may ask to help brainstorm include:
  - What do you like about yourself?
  - What are you good at?
  - What do other people like about you?
- Each member crumples their paper into a small ball. Squeeze and squish it!
- Carefully unfold, flatten and smooth the wrinkles in the paper, taking care not to tear it.

### Discussion

- In what ways has the paper changed?
- Are these changes good or bad in your opinion?
- Has the meaning of the words changed for you?

### Reflection

It is easy to think this piece of wrinkled paper is damaged, fragile and ready to throw away. We might think that being the victim of bullying is like this. But this is not really true! It hurts when someone intentionally says or does something that makes us feel bad. But that does not mean we lose our value! We also have many experiences in life other than bullying where we feel sad and hurt. We may feel bad when we are left out at the lunch table or when someone laughs at us if we make a mistake. Do these experiences make us less valuable? No! The words you have written on this paper are still a great description of who you are. The wrinkles on the paper cannot change that!



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