



# Activity One

## Table top

This activity requires all the students involved in the bullying incident to participate (the more the merrier!). It will need the targeted student/s and at least 4 of their support students, the bully student/s and at least 4 of their support students and the bystanders involved. Students are to problem solve as a group by devising how they can all position their bodies to create a large table. At the end of the activity, bully students, the support students for the bully and the bystanders are to problem solve the bullying incident. There are to devise at least two suggestions for alternative actions that could have been taken so there was no bullying incident. The bully is then to present these to the targeted student/s and the targeted student/s support group. This group is to acknowledge the feasibility of the suggestions.

## Materials Required

✓ Nil

## Step One

Inform all students that they will need to work together by problem solving to reach a solution. The challenge is for the students to position themselves in a way that creates a large model table with their bodies. Give the students 15 minutes to devise and complete this activity. After 5 minutes you may need to give a hint - each student is a support for the other. After 10 minutes, you may need to give another hint - their legs and arms are the legs of the table. Students can be told to think of circus acts where circus entertainers build human pyramids.



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## Step Two

To achieve the table effect, student 1 lies on their back on the floor. By bending their knees, they push themselves up so their torso is at right angle to their knees. Their arms also support their torso off the floor. Student 2 comes behind student 1 and positions themselves in the same way. Student 1 should be able to rest their head on the knees of student 2. This continues with student 2 resting their head on knees of student 3 and so on. The shape the students form overall should be a square (requires a minimum of 4 students).

## Step Three

On accomplishing the task (even with teacher assistance), inform the students they will need to problem solve again. Ask the bully student, the bully support students and the bystanders how they can change the bullying situation into a non bullying situation. What could have been done differently so that the targeted student/s did not end up getting hurt? They have 10 minutes to come up with at least 2 other alternatives that the bully will present to the targeted student and the targeted student support group.

## Step Four

After the bully presents alternatives, have the targeted student and the targeted student support group determine the feasibility of the alternatives.