

## Prevention Activities

**AIM:** The activities in this module are designed to enhance student's self esteem by students providing positive messages to each other. In positively recognising the specific traits, skills and features that make each student unique, students can place a higher regard to their value of self worth. Fostering self worth and self esteem within classroom activities assist in providing a barrier around a student. A student may not be as susceptible to the effects of bullying, confidently choose a more effective strategy to manage a bullying situation, or may reduce the tendency to bully.

### Level A – Prep to Grade 3

#### *Feeling proud of myself*

This activity involves the younger students gaining assistance from the older students (buddy) to help complete the task. Students trace around their bodies to produce a life-size drawing of themselves. On the drawing, they record some of the accomplishments they have achieved so far; for example, tying up shoelaces. The activity is to give the younger student a more visual picture of their 'self' to highlight their self esteem.

#### *Read aloud*

There are many books written especially for this age where children can begin to develop an understanding of self and self esteem. This activity requires teachers to select appropriate books that focus on the self and related feelings as well as helping students to differentiate between feelings and behaviour.

### Level B – Grade 4 to Grade 6/7

#### *It's all about me*

This activity is designed to facilitate students in giving positive messages to each other as well as learn some positive aspects about each other. The activity culminates with each student painting a self portrait and attaching the positive comments made by the other students to their self portrait.

#### *Post it shirt*

Students in this activity identify their strengths and skills as well as these features in other students. They record these on post it notes. The teacher verbalises the skills and positive attributes of each student in the class which reinforces positive messages to each student as well as increase each student's personal awareness of each other.

### Level C – Grade 6/7 to Grade 9

#### *Out of all the millions and millions of kids in the world, do you know how special you are?*

This activity is for students to give positive messages to each other as well as for encouraging students to appreciate the differences that make each student unique. They are required to construct a treasure box and then place their unique messages about themselves in it, as well as give positive messages to other students to place in their own treasure box.

#### *What's in a name?*

This activity is designed to help students gain an overall awareness of their positive personality traits as perceived by the class group. Other students write positive personality traits within the letters of the student's name. The activity is initially completed in small groups and then each student reads out their completed name sheet in the larger class. The students gain a positive perception of how other students view them which enhances their self esteem.

# Prevention Activities

## Level D – Grade 10 to 12

### *What I have achieved and what I will achieve*

This activity is to remind students of all the things they have achieved in their lives no matter how big or small. This activity does not primarily focus on the high achieving students who have major academic or sporting achievements.

It focuses on the achievements common to all students. Students share in their achievements by way of discussion within the large class group. This public arena provides an opportunity to boost their self esteem. Students then look at what they want to achieve in the next five years.

### *Text talk*

This activity uses the language from a social communication medium that is heavily used by this age level of student - texting.

Students are given a handout on 'text talk' and as a first step have the opportunity to add additional text language to the handout. Students then complete positive statements about two other students in the class using text talk and have a race to see who is the fastest at writing a positive text talk statement about themselves. This exercise enhances the group support of each student as well as boosting the self esteem of each student.

## Level B - Grade 4 to Grade 6/7 | Activity 1

### It's all about me

This activity is designed to facilitate students in giving positive messages to each other as well as learn some positive aspects about each other. The activity culminates with each student painting a self portrait and attaching the positive comments made by the other students to their self portrait.

#### *Material Required*

Sufficient photocopies of All about me handout for all students, pens, butchers paper, paints, paintbrushes

#### *Step One*

Sit down with all the students and explain that everyone is going to paint a portrait. First they will need to obtain information from the other students to help them paint the portrait. Provide the handout sheet 'all about me' to the students.

#### *Step Two*

Ask students to write their name on the top of the 'all about me' worksheet. Have the students form two rows (A and B) side by side. Ask the students in row A to swap their handout sheet with the student opposite them in row B.

#### *Step Three*

Ask question one on the teacher sheet handout. Student A is to record a response on Student B's paper about student B and Student B is to record a response on student A's handout about student A.

#### *Step Four*

Upon completion of question 1, have students hand the papers back to each other so they know have their own worksheets. Ask the first student at the top of row A to stand up and rejoin row A at the end of the row. Ask all students in row A to shuffle along one spot so they are now sitting opposite a new student in row B. Ask question two from the teacher handout. Once students have completed the question, have the student sitting at the top of row A stand up and rejoin the row at the end of the row. Repeat this activity until all questions have been answered.

#### *Step Five*

Provide all students with a sheet of paper and some paints and paintbrushes. Ask the students to paint a picture of themselves at their favourite place. This might be at home, at the beach, or somewhere they haven't been but would love to go.

#### *Step Six*

Provide scissors and ask students to cut out their responses that were written down on the 'all about me' and stick each of the comments on their own self portraits. These can then be hung in the classroom or taken home.

## Teacher sheet handout

### *All about me*

Ask the students to complete these questions on the handout sheet

1. My hair colour is?
2. I'm a good friend because?
3. My friends think I am really good at...
4. In my class, I am the shortest, tallest, about middle size height. Ask students to circle the answer which best describes the student.
5. I sit next to..... in class
6. At lunch, I sit at lunch with....
7. Two words to describe me are.....
8. What this class will remember me for this year is.....
9. My favourite subject at school is.....
10. If I could win an award at school, it would be for.....
11. If the students in the class had to choose an animal that would best represent me, they would choose.....
12. Of all the games we play at school, I'm the best at.....



### All about me

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## Level B - Grade 4 to Grade 6/7 | Activity 2

### Post it shirt

Students in this activity identify their strengths and skills as well as these features in other students. They record these on post it notes. The teacher verbalises the skills and positive attributes of each student in the class which reinforces positive messages to each student as well as increase each student's personal awareness of each other.

#### *Material Required*

Pad of post it notes for each student, pens

#### *Step One*

Provide each student with a pad of post it notes and a pen. Divide students into groups of 4/5. Give each group a number, i.e., group 1, group 2 etc.

#### *Step Two*

Give each group 5 minutes to write down on 3 separate post it notes 3 things they think they are good at. They can talk amongst themselves for this part of the activity.

#### *Step Three*

The students will now need to write down two comments on each student in their small group. Students need to write on the post it note: (1) something they really like about the student and (2) something that student does well. Each student then hands their completed post it notes to the relevant student in the group.

#### *Step Four*

Have all the students sit together in a large circle and stick their post it notes on the front of their uniform. Ask Group 1 to come up to the front of the classroom with their post it notes stuck to their uniforms. Have the rest of the class turn around and face the back of the room. Inform the students that you are going to read out the comments written on the post it notes from each group and the students facing the back of the room have to guess the names of each of the students in the group.

#### *Step Five*

Read out the comments made on the post it notes from the first student in Group 1. The students facing the back of the room are not allowed to turn around to the front of the classroom until all the students in each group have been guessed by the students facing the back wall. Once this has been completed, have Group 1 sit down with the rest of the class, then call up Group 2 and repeat the activity.