

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 C - Grade 6/7 to Grade 9 | Activity 1

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.

Material Required

Sufficient photocopies of box handout sheet for all students, scissors, glue, pen, sufficient photocopies of the handouts 'things that make you different' and 'things that you like about the other person'.

Step One

Students require the 'box handout' sheet, scissors, glue and a pen. Students need to write their name on the last square of the handout. Then have the students cut out the shape, folding the shape into a box and gluing the flaps.

Step Two

Ask the students to divide into groups of 3 or 4, taking their named box, pen and a pair of scissors. Provide students with the handouts titled; 'things that make you different to the other person' and 'things you like about the other person'. Have students complete these handouts in their groups.

Step Three

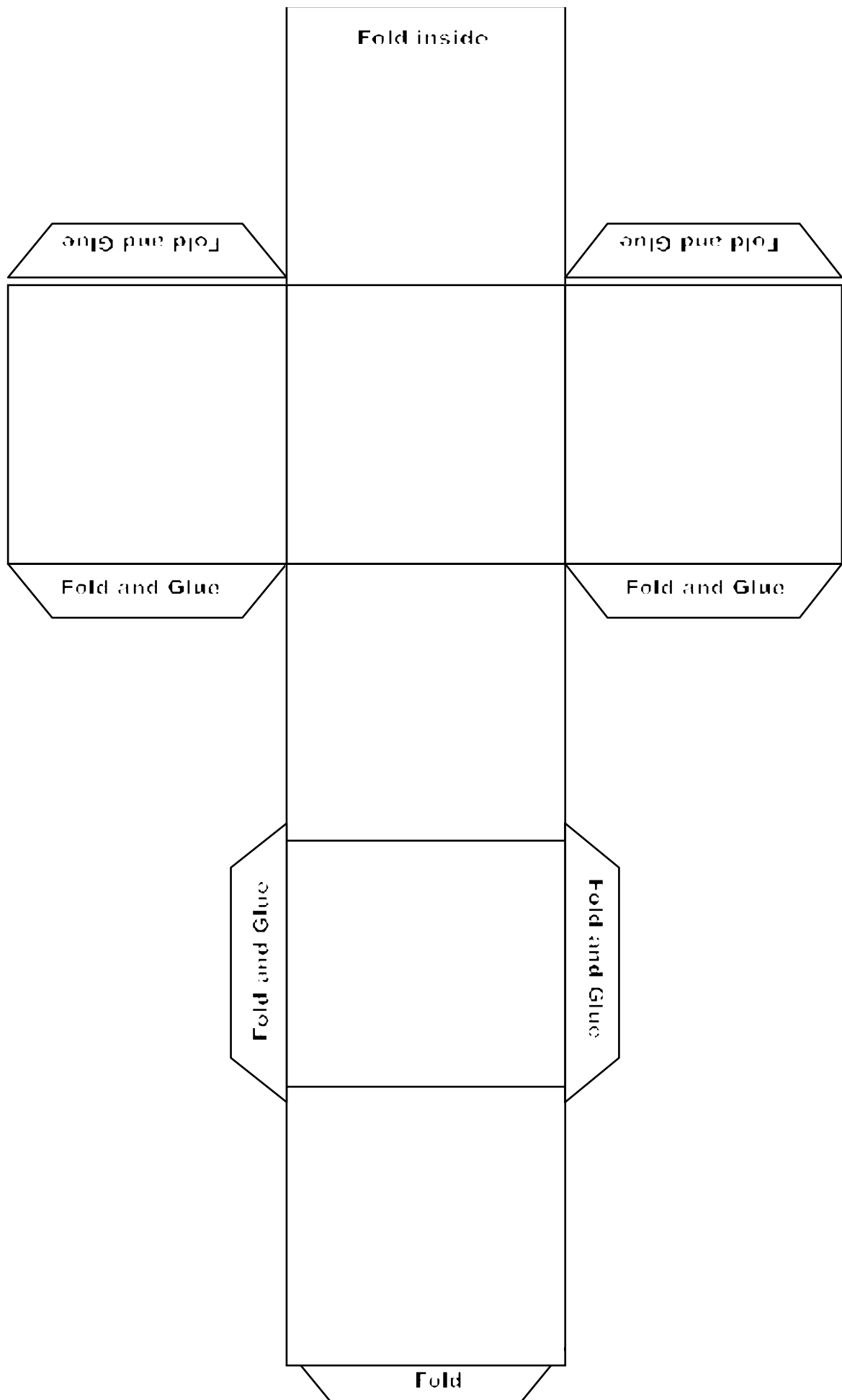
Ask students to cut out each of the comments. Place the comments about themselves (things that are different) in their special box. Give the comments about the other students (things you like about the student) to each of the students in the small group so they can add this to their special box. Inform students whenever anyone says anything nice about them, something they have done well, they can write it on a piece of paper and put it in their name box. From time to time, they can open up their name box and remember just how special they are.



Things that make you different to the other person

Things you like or have the same as the other person





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.

Material Required

A4 sheet of paper for each student, sufficient photocopies of word sheet for all students, pens

Step One

Provide students with a blank piece of paper and ask them to write their first name in a vertical line down the left hand side of the page (referred to as a name sheet). Allow a few lines gap between each letter.

Step Two

Provide the handout list of words to each of the students. Students will be asked in step three to select a word that commences with each letter of a student's name and write a sentence about that student incorporating the word in a sentence on the student's name sheet.

For example **A** - always appreciates what her friends do

N - nurtures and cares for all her friends

N - she is a number one friend

Step Three

Ask students to get into groups of 4/5 taking with them, their named sheet, list of words, a pen/pencil and rubber. Within each group, ask students to swap name sheets so a student does not have their own name sheet. Ask each student to complete one sentence for one letter and then swap sheets within the group to complete another sentence for another letter of the student's name. Due to the variance in the length of student names, students can assist each other within the group in order to ensure a named sheet is completed with sentences for each student in the group.

Step Four

Have each student stand up and read out to the class their completed name sheet. Suggest to students that they keep their completed named sheets in a place they look at frequently, for example, in a diary, on a bedroom wall etc., to remind them how special they are.



Level C - Grade 6/7 to Grade 9 | Activity 2

Words

Affection	Appreciation	Acceptance
Beauty	Believable	Brave
Caring	Curious	Courageous
Daring	Delightful	Dainty
Enthusiastic	Enjoyment	Eager
Fun	Forgiving	Fair
Gentle	Generous	Grateful
Honest	Happiness	Harmony
Insight	Indulgent	Interesting
Joy	Jewel	Joker
Kindness	Knowledge	Knowledgeable
Loyal	Laughter	Leader
Musical	Magical	Marvellous
Nurturing	Nice	Number one
Openness	Obedient	Observant
Power	Peaceful	Patient
Quiet	Quirky	Quick thinking
Respect	Radiant	Resourceful
Sincere	Strength	Spontaneous
Truthful	Tolerant	Trust
Understanding	Umpire	Unify
Value	Versatile	Vibrant
Willingness	Warm	Wonderful
Xerox	X-ray	Xylophone
Yippee	Yap	Youthful
Zany	Zest	Zillion

Other appropriate words can be substituted for any of the words above.