

IN REVERSE

How actions affect others

Materials: Worksheet copies, paper plates (one per youth)

Directions: Read the worksheet, complete the activity and discuss as a group.

We often don't consider the consequences of our actions.

But that's a mistake.

Our actions carry tremendous weight. Weight that can echo for a lifetime.

Intentional or not, negative actions can hurt those around us. When intentional, the pain digs even deeper.

In today's activity, we're going to explore how our actions affect others.

ACTIVITY INSTRUCTIONS

- 1 Look at your paper plate. What does the plate look like?
- 2 Now, handle your plate roughly. You can squeeze it, ball it up or stomp on it. You can do anything except tear it. What does the plate look like now?
- 3 Next, try to get your plate back to its original state. Try smoothing out the wrinkles or anything else to improve its appearance. What does the plate look like now?
- 4 So, what's the purpose of this activity? After trying to repair the plate, did it return to its original state? How do bullying actions affect people? Will an apology reverse the damage done or will the actions always "hang in the air"?

