

## **It's on the Card**

**(10 Minutes)**

**Objective:** Students identify the different feelings that victims of teasing and insults experience

**Materials:** One index card for each student

Have students arrange their desks or chairs in a circle. Distribute one index card to each student. Have students write the numbers one through eight on their index card. Explain that they should write down one or two words on the index card (*next to the appropriate number*) describing how they would feel in each of the following situations. Students should not include any identifying information on their cards. Read these situations aloud:

1. You are the last one picked when teams are made in PE.
2. You are the winner of a class election.
3. Someone says you look great in your class picture.
4. Someone in the class makes fun of your new shoes.
5. Someone you like a lot invites you to a party.
6. Someone you admire calls you a loser.
7. There is a rumor about you embarrassing yourself at a party.
8. Someone you hurt accepts your apology.

Collect the index cards, shuffle them, and redistribute them. Ask students to share the card responses with the entire class.

To conclude the activity, ask if some students had difficulty expressing their feelings about the situations. Look for similarities between student responses and point these out to the class. Remind students that some emotions and reactions are universal, and that they should remember this as they interact with others.



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10. You are the winner of a class election.
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14. Someone you admire calls you a loser.
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