

# Wrinkled Paper

## What We are Made Of

**Time Needed: 15-20 minutes**

*Recommended for late elementary and middle school age children*

### Materials needed

Writing paper, pen or pencil, and a crumpled ball of paper.

### Instructions

- Family members or teacher and class members each begin with a clean, unmarked sheet of paper
- Crumple the page into a small ball
- Carefully unfold, flatten and smooth the now wrinkled paper, taking care not to tear it
- After opening the paper, each member shares experiences that made them sad, mad or afraid, including experiences where others were mean to them...like being bullied or watching others being bullied.
- Each member writes 3-5 phrases and words that describe their experiences in random fashion by following the new lines created by the creases in the paper. This will create a wandering sentence appearance, like words following a winding path!
- Consider and include positive events which members have experienced as well. Write about these positive experiences in a similar fashion, winding them around the paper according to the direction of the lines created by the wrinkles

### Discussion

- Hold the paper at arm's length. Can you tell the positive feelings and experiences from the sad or hurtful ones? Or do they seem to merge and melt together?
  - This is also how our feelings work inside us. Feelings are like different threads of experiences woven together to help make this beautiful and unique pattern of who we are!
- Do your feelings from these experiences affect the way you treat other people?

### Reflection

Being bullied can leave us feeling damaged and scarred. We can also recognize the positive experiences and good qualities which make up who we. These good things about us don't disappear after unpleasant events like being bullied. Even after we feel hurt, these strengths continue to exist inside of us!



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