



CRUMPLED PAPER

empathy • individual • 4th-12th

Objective:

Students will identify hurtful words.
Students will realize the power of their words (both negative and positive) and see that positive words can encourage and empower.

Time:

20-25 minutes

Materials:

Three small pieces of paper for each student.

Method:

Have students write down all the negative things people have called them or said to them (slut, dumb, gay, fat, ugly, airhead, etc.) that hurt their feelings on the first piece of paper.

Students turn their list in to you. Read one word at a time off the students' papers. While you are reading the words, the students will take the second paper and crumple it if the word ever hurt them. Make sure the students are silent to hear the crumpling.

Do discussion questions.

For the second round have the students write all the positive things anyone has ever called them or said to them (good athlete, pretty, smart, you rock!) that made them feel good on the third piece of paper and hand in. As the instructor reads these words students uncrumple their papers (using the same paper that is crumpled) if that word has ever made them feel good.

Discuss how this was different than the first round.

Discussion Questions:

- Which words had the most crumpling sound when they were read outloud?
- Which words hurt you the most? Why?
- Do you consider yourself a bully?
- Who do we hear these words from the most?
- When you use these words, are you usually "just kidding," or "just joking?"
- Do we use these words on social media where it is sometimes easier to "crumple" people?
- Why is it easier to use these words online than in person?

Discussion Notes:

To save time you can have the lists of words prepared ahead of time.

You want to end this activity on a high note. Talk about how the positive words feel so much better to hear, and how simple kind words and acts can "uncrumple" someone.

Give simple examples of "uncrumpling-" example: asking how someone is doing, giving them a high-five, telling another you like the way they did their hair, congratulating someone on an academic or athletic achievement, etc.

Positive Challenge:

Go "uncrumple" five people today. Make a point to not "just joke" with people in a negative way.



GOING IN BLIND

digital etiquette • group • 4th-12th

Objective:

Students will identify problems with online communication. Students will also learn how online responses may relate to what is going on in that person's life.

Time:

10-15 minutes

Materials:

Four or five blind-folds

Method:

Blind-fold four to five students and have them stand at the front of the class. Have them react dramatically to the following pretend scenarios:

1. They are smelling stinky trash
2. They are smelling a flower or perfume
3. They are riding a roller coaster
4. They are drinking a steaming cup of coffee
5. They are feeling turbulence on an airplane

Discussion Questions:

- What did you notice about people's reactions?
- Have you ever sent a text that someone took the wrong way? What happened?
- What might be going on in a person's life that would cause them to misread your message (might be sick that day, had a fight with a family member, got a bad grade on a test, etc.)?
- How can you make sure your message is clear when you are texting?
- At what point would you call a person to clarify a misunderstanding?

Discussion Notes:

Notice that different people react differently to the situations. We can't see people when we send a text to them. We might think they take it one way, when really they take it another.

Writing Extension:

Have students write about situations when it would be better to call someone and when it would be better to text. For example, call your grandma on her birthday, text someone to tell them you will be over in 15 minutes.

Positive Challenge:

Go home and video chat someone and tell them about your day.



Apps for Teaching

These apps are free (unless indicated otherwise) and great for creating content in your class or to share with students and have them use the apps to create content for projects or have students demonstrate concepts or application of concepts.



Chatterpix:

Great app for creating talking photos. Snap a picture, draw a mouth, record your audio, and you have a talking photo. Don't want your students to share on social media, get Chatterpix kids. Available iOS

What to use this for:

Teach procedures by creating a talking post-it note about the importance of taking notes. Create talking beakers and use audio on how to use them. Student scan create talking photos of historical figures like authors, presidents and famous people. Doing a battle of the bands? Get talking photos of famous musicians inviting your students to the event and then share on Instagram and Twitter.



Phonto:

Great app for adding text to photos. Available on iOS and Google

What to use this for:

Enhance your photos with text. People are more likely to look at your Twitter and Facebook post if it has text. Create a photo with text advertising your next event and then share away.



Nutshell:

Great and easy to use app that creates short 12-15 second videos. Add animation and titles in the app and you are good to go. Available iOS

We used this app to showcase student events: lunch time rally, service projects, after school events. It relies on taking three photos (and records video in between), so you could use this to highlight the top 3 main points in an essay, top three points in an article, in a lab or discussion.



Sock Puppets:

You create the sock puppets, make them talk, and put them in an background you choose. Available iOS

What to use this for:

Have students apply their knowledge by having the puppets engage in a debate or act out a scene from a story.





Hyperlapse

Time lapse app used with Instagram. Available on iOS and Google

What to use this for:

Show a student getting their spirit wear on for a game, including face paint and more. Use it to record a lab assignment and cut the 45 minute process down to about 30 seconds. Show students setting up a rally, dance or getting ready for the big game.



Tellagami

Base app is free with in app purchases. This is a great app to create animated talking characters. Available on iOS and Google

What to use this for:

Have a student who is shy in front of crowds? Great way to create a talking character, using their voice, explaining a scientific process, historical event, character analysis and more.



AutoRap

Become your own personal rap star. Base app is free with a subscription to have access to more music. Available on iOS and Google

What to use this for:

No rhyming skills necessary. Create your own songs to use with assignments, projects, school events, announcements and more.



Fyuse

This is a 3D interactive video app. Record your subject in 3D, and the phone rotates around that subject for a 360 degree view. Available on iOS and Google.

What to use this for:

Take a video of your students who are really dressed up. Stand in the middle of a rally and get a 360 view of how spirited your gym looks. Same for dances, games, community service and more.



Lipp

This a voice over app where you can add the voice for popular celebrities or animation. Available on iOS and Google

What to use this for:

Have students make short clips of celebrities reciting monologues of famous plays, presidential speeches or have them promote your event in these short clips.



BLABBERIZE

Desktop or laptop only: <http://blabberize.com/>

What to use this for: Smilar to Chatterpix, it is a desktop app that can be used to draw a mouth on the picture, and record audio to make the photo talk.



Nearpod

Ideal for classrooms with a class set of computers or mobile devices. It's designed to teach and project your lesson and one time to a large group. This allows you to change your room set-up (say a circle instead of rows) as well as how you check for understanding and deliver content. You also have a library of content you can choose from to see lesson other teachers have created.

Today'sMeet

Is a back channel communication tool used as a companion with existing lessons.

<https://todaysmeet.com/>.

What it's used for: Watching a film or hosting a lecture? This app will let you create chatrooms where students can start conversations or ask questions. The lesson can be extended beyond the classroom and grow with the conversation.



Font Candy

This is a fun typography app for your device that can be used on iPhone or Desktop

What to use this for: Add fun text overlays to your images, create memes, make your photos stylish with text. Great for sharing on social media.



Disney Side

A great app to show off your love of Disney. Become your favorite villain or princess in this app that transforms your look. Great for rallies and events where Disney characters reign supreme.



Voxer

A walkie talkie app that works with text or voice. You seen conversations in real time or get to them when you have time. Great app for collaboration, use it one to one or with a large group. For example, planning a rally, homecoming or the next big science project.



20

#iCANHELP ACTIVITIES

to do at

S C H O O L

- 1 Make a "Compliment Wall" with post-it notes.
- 2 Start a school Instagram page. Post pictures of school sporting events, assemblies, field trips, classroom projects, or other positive school related posts.
- 3 Hang inspirational posters around school.
- 4 Hold a "Kindness Week," where every day is a different theme.
- 5 Do a "High-Five Highway-" line up a bunch of people, and as everyone comes into lunch or school give high-fives.
- 6 E-mail the staff positive pictures.
- 7 Cut out smiley faces and have people write things that make them happy on them. Post.
- 8 "Happy Place Wall." Post a picture or description of your happiest place on earth.
- 9 "Coolest Person on Campus" Submit a picture of someone on campus. Prize to whoever can find and bring them to the leadership room first.
- 10 Interview one person you don't know. Write the person's name and one interesting fact about the person you interviewed. Post.
- 11 Hang inspirational quotes around campus—pick one for announcements each morning.
- 12 Hold a positive video or photo challenge.
- 13 Tape positive messages on the lunch trays or on lockers.
- 14 Make a "What Makes You Happy" wall.
- 15 Have a random act of kindness taped under each desk. The person who sits there has to do it.
- 16 Give a Compliment-Take a Compliment.
- 17 Have everyone write a "love letter" to someone else. Fill up a bin, then at the end of the week pass out.
- 18 Get t-shirts, divide into teams and have each team try to get as many "celebrity" (student) autographs on their t-shirt. Prize for team with the most signatures and for everyone who signed the winning shirt.
- 19 Give out random positive messages.
- 20 Bring in a picture of someone who inspires you and write why. Post pictures and reasons.

For more ideas, follow us on:



@icanhelpdeletenegativity



@icanhelpdeletenegativity



@icanhelp



icanhelpdeletenegativity



icanhelpdeletenegativity.org