

## ACTIVITY: CRUMPLED PAPER

Age: Primary

Aims: \*to show students that calling someone a name today may still be affecting that person in years; \*to think about different nasty names they have been called \*to describe how they have been felt while they have been insulted

Time required: 10 minutes

Resources: pieces of paper Delivery: Hand out a blank sheet of A4 paper to each young person.

Advise them that the activity is confidential and that if anybody doesn't feel comfortable then they do not have to take part. Ask them to make a list of all of the nasty names they have ever been called and then ask them to try and make a list of the emotions that best describe how they felt at the time of the name calling. Ask the young people to screw the paper up into a tight ball and then place it on the desk in front of them until later in the session. Close to the end of the session, ask the young people to try and unscrew their paper ball and smooth out the creases as much as they can.

**Discussion points:** • Does the paper look different now?

Can we ever get the creases out?

Can the piece of paper ever be returned to its original state?

Discuss that this piece of paper is symbolic of the **effects that racism and name calling can have on a person**; the memories can stay with us for a long time and in some cases never go away.

Can we ever get rid of those words on the page once they have been written?

Can we ever get back to a point where it was as if it never happened?

Ask if they have heard of the phrase 'sticks and stones may break my bones but names will never hurt me'. Ask for a show of hands of who thinks this is true.

Discuss how racism can take many different forms and explain to the young people that we can all be hurt physically and emotionally. Calling someone a name today may still be affecting that person in years to come so it is essential that we treat people the way we would like to be treated.

Hollinshead, K., Soyey, S., Bennett, L., Pidcock, L., Richards, S. (s.a). Show Racism the Red Card. *Crumpled Paper*. (page 26) <https://s3-eu-west-1.amazonaws.com/srtrc/SRtRC-Education-Pack-2012.pdf>