“Uncool” Activities

1. Create a “Whisper” or “Post Secret” Wall

Often, kids and teens are under the impression that they are all alone in how they feel. It is difficult to understand that other people have similar experiences and feelings.

Encourage students to share the secrets they are afraid to say by having them create a Whisper or Post Secret message anonymously. Computer printed will increase anonymity and place a box in a neutral area (such as the library) to submit them.

On a designated day, post them for everyone to read.

Tell the students it can be a funny or embarrassing story, something you are afraid to tell anyone, or a fact only those closest to you know.

Some Examples:
NOTE: These websites are not school friendly so if you want more examples I would suggest searching through them and providing them to students.

See Whisper (www.whisper.sh) and Post Secret Examples (http://postsecret.com/) on the next page.
My little brother is bipolar. It's hard some times.

Today, I realized that I'm more alone in a relationship than by myself.

I used to bully a kid when I was in the 6th grade. I feel terrible about even to today, but I don't have the courage to do so.

I care about you so much.

I hope that one day you'll find happiness.

I'm so sorry.

When I was young I was a girl bully. I picked on a girl who had her hair and scalp ripped off by a machine where her father worked, and she wore a wig. I picked on her because the other kids did. So I wouldn't be an outcast. Too.

I really wanted to be her friend. I hope she lived to have a nice life.

I am so sorry.

Now my daughter has trichotillomania and wears a wig.
2. The Effect of Bullying

Have the class come up with survey questions to send to the students in the school with regards to bullying.

For Example:

Have you ever felt left out? Yes No
Have you ever sent a text message that might be considered mean? Yes No
Have you ever had a picture of yourself sent without your permission? Yes No

Have the students tally up the answers and create statistics to put things into perspective.

Get them to share their findings in a dramatic way.

Some Examples

1. Create a Lip Dub with statistics.
   This example was created in 2013 by the Faculty of Education Students at Western University. It includes statistics from a Thames Valley District School Board Survey.

   https://www.youtube.com/watch?v=RMCsmIGqyU&feature=youtu.be

2. Put the results on a bulletin board in the school for everyone to see.

3. Present the results to the school in a creative way. If the data is collected before the “Uncool” production it could be presented following the play to really help the students relate on a personal level.
4. Create a video with statistics accompanied by a song that reflects the message of anti-bullying. (Some song examples are listed in activity 3)

5. Have the students create a Jeopardy style game to deliver the results to other students.

6. Give the students free rein on how to tell the other students. If your school uses Twitter, a Wikispace, a Facebook Page, a website or another social media that would be a great way to get the information out there. Different groups can each choose a different medium to tell the entire school community what they found. The possibilities are endless!
3. Musical Expression

“After silence, that which comes nearest to expressing the inexpressible is music.”
— Aldous Huxley, Music at Night and Other Essays

Have the students find a song and/or music video that expresses how they feel. They can then choose to play the song for the class or not.

For those that are musical, encourage them to write a song.

As this would be a very personal project, the students submit their songs anonymously to the teacher who could randomly play them for the class.

What should be noticed is the similarities in the different songs the students pick to express how they feel. There will probably be similar themes and create a feeling of unity throughout the classroom; just because you feel different from everyone else doesn’t mean you are.

Song Examples:

Invisible – Hunter Hayes https://www.youtube.com/watch?v=LiUqgL5urWc

Don’t Laugh at Me – Mark Wills https://www.youtube.com/watch?v=FVjbo8dW9c8

Who Says – Selena Gomez & The Scene – https://www.youtube.com/watch?v=BzE1mX4Px0I

Mean – Taylor Swift – https://www.youtube.com/watch?v=jYa1eI1hpDE

Fight Like a Girl – Bomshel – https://www.youtube.com/watch?v=V96r2046qjE
Follow Your Arrow – Kacey Musgraves  https://www.youtube.com/watch?v=kQ8xqyoZXc (NOTE: Drug Reference; Teacher discretion)

When She Cries – Britt Nicole  https://www.youtube.com/watch?v=qbHWTKHLtew

Broken – Lindsey Haun –  https://www.youtube.com/watch?v=PoWQunKQE1E

Brave – Sara Bareilles –  https://www.youtube.com/watch?v=QUQsqBqxoR4

Hero – Superchick –  https://www.youtube.com/watch?v=aNLZz3RQxs

Firework – Katy Perry –  https://www.youtube.com/watch?v=QGJuMBdaqIw

4. Uncool Explained

This is an activity that can be done before or after the “Uncool” production.

As a class or in small groups brainstorm what it means to be cool or uncool. Post it somewhere in the classroom.

Have the students come up with times they have felt Uncool and tell the story in some way.
- Story
- Song
- Poem
- Video
- Picture (Drawing, Painting, Collage etc.)
- Tableaux and Pantomime
- Whatever they can think of

These can be just for the student, teacher or to share with the class. With a personal assignment like this you don’t want to discourage students from participating by forcing them to share it with their peers.
5. Random Act of Kindness

Have your class put forth a random act of kindness initiative in your school and community.

Often bullying evolves from low self-esteem and it is surprising how good people feel when they do something nice for someone else and vice versa.

Here are some great inspirations for ideas:
http://www.buzzfeed.com/summeranne/24-small-meaningful-acts-of-kindness

6. Word Association Game

Following the production, pass a nerf ball around the room and have the students each say the first word that comes to mind.

7. Statue or Sculpture Creation

Allow the students to represent bullying in an artistic manner by sculpting other students to create a visualization of what they feel when they think of bullying.

8. Flow Chart

Create a flow chart to show how bullying situations evolve and how they can be de-escalated. Try to show the cause and effect relationship.

9. Tweet It Better

Encourage the students to compose positive tweets to support their peers and others in their online communities.
10. Free Verse Poems
Give the students a starting line and allow them to write a free verse poem.

Some examples:
1. “I am a bully . . .”
2. “I am a victim . . .” “I am picked on . . .”
3. “I am a bystander . . .”
4. “If they only knew . . .”

Encourage students to write verses starting with 1, 2, & 3 inclusively to show that all people have been or are all three (the bully, the victim and the bystander).

Present the poems dramatically in groups or pairs; do not allow groups to perform their own poems.

11. Acrostic Poems
Brainstorm words that are associated with anti-bullying e.g. RESPECT

Have the students create an acrostic poem that flows from the anti-bullying theme.