

## Every Step You Take



- EVERY** — Complete, entire, all. When each individual or action is included without exception.
- STEP** — An action or movement often occurring as one in a series, such as the advance or movement made by raising the foot and bringing it down elsewhere.
- YOU** — A person, or people in general, being directly spoken to or acknowledged.
- TAKE** — Lead, guide, do. To move somebody or something from one place or situation to another.
- (MATTERS)** Have important or significant effect on somebody or something.

### Objective:

Make individualized footprints to provide students with an opportunity to reflect on the steps they can take to create a world without bullying. This activity is designed to help students recognize that every step they take individually helps unite all students along the path for kindness, acceptance, and inclusion.

### Materials:

- **PAPER:** Choose from anything you have readily available, such as construction paper, card stock, poster board, or the backs of old file folders. Generally, size 8 ½” x 11” works best.
- **PENCILS:** Ideal for tracing the outline of a student’s own footprint as the lines are less likely to show.
- **SCISSORS:** Use to cut-out the “step.”
- **PENS, CRAYONS, or MARKERS:** Perfect for recording the student’s action on their “step.”
- **TAPE or other ADHESIVE:** Use this for posting the steps.

### Pre-activity Discussion:

- Engage students in a discussion about creating a world without bullying. Include conversation around what peers, educators, families, and community members are doing to help young people feel accepted and included in their world. Ideas to encourage conversation include:

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- ▶ Sharing books featured in the “Book Club”
  - ▶ Viewing a selection of “Videos”
  - Emphasize actions that students can realistically achieve in their own lives.
  - Create a list of actions suggested during the discussion. Post the list so that students can view it and use it as a guide for their own action step.

**Instructions:**.....

1. Give each student a piece of paper.
2. Ask students to trace their footstep(s). Or, instead of tracing footstep, use a foot or shoe template.
3. Cut out the footstep(s).
4. Write action step inside the cut out(s).
5. Each student puts their name or initial under the action (optional).
6. Collect the “steps.”
7. Post all the steps, creating a collective path of the individual footsteps on a hallway floor or wall, in the classroom, or even on each riser on a stairway.
  - ▶ Invite the students to work together to create a visual of the world, which is then posted at the end of the path.
  - ▶ If more than one classroom is involved, the path could lead from classroom to classroom throughout the entire school!

## Project Connect

Project Connect joins students, schools, and communities to make a powerful statement about uniting against bullying.

The process is simple. Students write a message on a strip of **ORANGE** construction paper.

- Create the strips (links) using sheets of 8 ½ x 11 **ORANGE** construction paper
- Cut into strips of 1 ½” to 2” wide and 11” long.

The strips are then stapled or glued together, resulting in one long, connected chain that visually represents the power of uniting for a common cause.

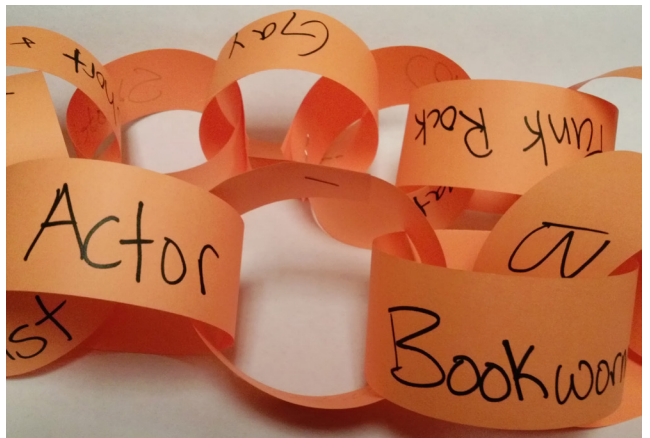
Use one of these two options, or create your own!

### 1. Ask students to write what they do to help make their school a safer place for their peers.



**The message is this:** while one person can speak out against bullying, our message is much stronger when we come together to make a difference.

### 2. Ask students to write a quality that makes them unique and proud of who they are as individuals.



**The message is this:** even though we are all different, we are all a part of this community.

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Once individual classrooms have connected their chains, they can link them to another classroom's, until all classrooms have joined together to create one colossal chain representing the school.

The links can then be displayed in the classroom or in the school hallway. A creative way to display is to spell out the word "UNITE" or your school name.

***Special thanks to*** Citrus Grove Elementary in Palm City, Florida, for sharing the inspiration behind Project Connect

## Unity Tree

The Unity Tree is a powerful symbol reminding everyone that bullying can be prevented when we all come together – united for kindness, acceptance and inclusion.

Creating a Unity Tree is an interactive and hands-on activity, a shared experience in which anyone can participate and everyone can watch the tree grow. Each person contributes their own unique experiences, creative ideas, and strategies by writing positive messages on leaves that are attached to the tree. As the number of leaves increases, it creates a visual reminder, demonstrating that when we are united we can create social change.

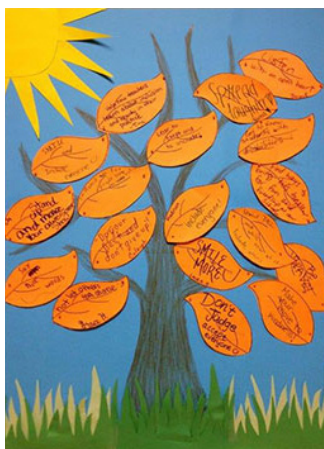
### Option One: Unity Tree on a Bulletin Board

1. On the classroom wall or bulletin board, create the trunk of a tree, along with branches, with construction paper or materials of your own choosing.
2. Next, cut out leaf shaped pieces of orange paper; make them large enough for students to write a message.

Below are three options for types of messages, or create your own:

- ▶ If you planted a seed, what would you tell your seed about bullying?
- ▶ What can you do change/impact your school's culture about bullying?
- ▶ How can you support a friend/peer who is being bullied?

3. Have each student write down their response on a leaf.
4. Attach each of the leaves to the tree.



### Option Two: Unity Tree in a Vase

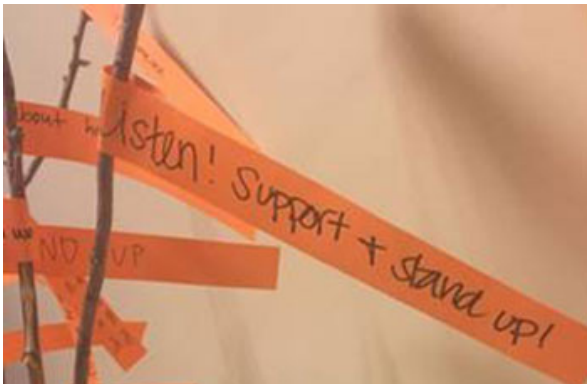
1. Fill the base of a flower vase with the cotton balls, tissue paper, or other materials. Take tree branches, sticks, skinny craft sticks, or another 'branch-like' item and place inside the vase, so the material holds it vertically upward.

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- Cut orange paper into strips of 1 ½" to 2" wide and 11" long.
  - Ask participants to write a message on the orange strips of construction paper, which will represent the "leaves" of the tree.

Below are three options for types of messages, or create your own:

- ▶ If you planted a seed, what would you tell your seed about bullying?
- ▶ What can you do change/impact your school's culture about bullying?
- ▶ How can you support a friend/peer who is being bullied?

- Tape each response to the end of the slip around a tree branch, so the message is easy to read.



### **Supplemental Poster**

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A poster can also be displayed next to the tree that lists the questions that were used in students creating the messages for the leaves.