

Being Set Up to Feel What Others Feel

You can use any puppets that you have. You can also draw eyes and a mouth on paper lunch bags or old socks, or just use your hands.

Puppet story: *Bullying scenario*—a bully is picking on another student and teasing her about her haircut. Identify the bully puppet and target puppet (the puppet being bullied) to the students.

Bully: Your hair cut looks stupid.

Target: *(Is quiet and shy and looks down.)*

Bully: I wouldn't come to school if my hair looked like that.

Target: *(Working up courage)* I feel angry that you are teasing me about my hair. Please stop!

Bully: Your hair looks like a clown's hair.

Target: *(Talking to herself)* I feel really angry and hurt. I'm going to walk away and do a calming activity. Then I will think about what I want to do.

1. How does the target feel?
2. How do you think the bully feels?
3. Does the bully want the target to feel what she (the bully) is feeling?
4. Why do people want you to feel what they are feeling?