



# RecipeCards

A Project of the Jeffco Student Health Advisory Council

## ***ROLE PLAYING***

*An activity to help students realize how people in other situations feel as a result of bullying and cliques.*

**Time**  
15 Minutes

**Group Size**  
30 Students

**Materials**  
Notecards(with names and instructions) and tape.

### **INSTRUCTIONS**

1. Pass out note cards face down on desks. These have “labels” like “nerd” and “popular” along with an instruction like “put down everything I say” or “laugh at everything I say.”
2. Do not allow students to look at the front of the cards. Instruct students to tape the cards to their foreheads with the words facing out.
3. Have students walk around the room and follow the instructions on the cards.
4. Allow students to talk to each other for around 10 minutes.
5. Instruct students to sit down.
6. Choose a student to guess “who” they are based on how they were treated.
7. Allow other students to do the same.
8. Talk about the harms of bullying and how other people feel when bullied.

### **DISCUSSION QUESTIONS**

- None