



Wristband Making Activity

The respectme Youth Action Group proposed a wristband making activity to help learners show support for the 'Listen Up! (Respect our Rights)' campaign. The group has suggested designs for the wristbands, which can be found below.

You may wish to start this activity by using our Assembly video resource to introduce the campaign theme and call to action. Watch the video at www.respectme.org.uk/listenup.

It is important that learners understand what the wristband symbolises. The wristband signals their commitment to listening to each other, and to acting with kindness and compassion. Crucially, the wristband shows their understanding that 'bullying - is never acceptable'.

What you need

- The 'Listen Up! (Respect our Rights)' wristband examples (see below).
- Blank, durable paper that can easily bend to form the wristbands.
- Scissors.
- Materials for colouring in and decorating – the more creative the better!
- Sticky tape

Get Crafting

Step 1: Using the durable paper, cut strips wide enough (1/2" width) to draw on and long enough (around 7 inches) to wrap around learners' wrists – adding 2-3 centimetres to account for overlap when attached.

Step 2: Once you have enough paper strips, invite each learner to design their own respectme wristband for Anti-Bullying Week 2022. The designs should incorporate:

- the campaign name 'Listen Up! (Respect our Rights)'
- the respectme logo (as shown below)
- as much colour and creativity as possible!
- **Remember:** On one end of their paper strip, learners should leave 2-3 centimetres blank to allow the wristband to overlap when attached.

Step 3: Allow time for any paint and/or glue on the wristbands to dry.

Step 4: Help each learner to attach their new wristband with tape.

Step 5: Finally, share your groups designs! We would love to see the wristbands you create.



Share your wristband designs

A good way to show off everyone's designs is for learners to all put their hands into a circle, and for a photo to be taken from above.

If you share the wristbands on Twitter, please tag us @[.respectme_](https://twitter.com/respectme_) and use #AntiBullyingWeek and #ImListening

