

Lesson & Video #5: “Redemption”

Click this link or paste the address into your web browser:

<https://vimeo.com/74287082>

Highlights:

- Jesse speaks directly to bullies, acknowledging that it is not about villainizing them.
- Jesse gives reasons for why some students turn to bullying and challenges them to “break the chain” and make amends.

Connection (3 min.):

- Remind students Jesse’s assembly and its anti-bullying message and the last video
- Introduce the concepts of this “Minutes for Compassion” lessons and refer to growing chart

Video & Discussion (12 min.)

- Show “Minute for Compassion” video #5
- Facilitate discussion:

Options:

1. Share general reactions to video
2. Explore the lesson quote: “everyone deserves a second chance”
3. Respond to Jesse’s discussion questions:
 - *Has anyone hurt you in the past and do they deserve a second chance?*
 - *Should there be school-wide awards for students who are trying to redeem themselves and break the chain of bullying?*

Activity: (10 min.) Letter

- The students will be making a physical representation of a negative bullying experience, which they will then destroy as a symbol of combatting bullying.
- Have the students write/draw about a time about a bullying experience (when they bullied, were bullied, or witnessed bullying)
- Make sure students know that this work will be destroyed ahead of time
- After time to draw/write- as a class, crumple, rip up, and throw away these papers
- Facilitate whole-class discussion:
 - *After this writing/drawing, and as a result of all five lessons in compassion, what you going to do to put an end to bullying in our classroom and school community? Discuss/ write around chart*
 - Optional: If the students are interested in writing these goals/promises/ commitments and sending them to Jesse, you can contact him at: jesseasaperstein@gmail.com

Wrap-up (5 min.): Reflection

- Closing thoughts on being a bystander
- Add “*everyone deserves a second chance*” to “Lessons in Compassion” chart