

Rippy Bits

Make your worries into art



How To:

- Have students spend about 3–4 minutes reflecting on their current stressors and worries.
- After, ask your peers to cut or rip up their paper. Remind them to keep all the bits with them (avoid messes/throwing papers around).
- Now the fun part, ask your peers to get creative with their rippy bits! They must create some sort of art with it. They can tape the bits to another piece of paper or they can tape the bits together. The goal is to make it different from its original form.
- After some time, go around in a circle and share your creations!

Materials:

- Paper
- Pencil
- Tape



Budget:

Most of these materials can be found in classrooms (make sure to ask your teachers if it is ok to take extras) but if you'd like to spend some money, set aside about \$20–\$40 depending on the amount of people who participate.



Tips & Tricks:

- This idea was taken from an episode of Spongebob. To bring additional joy to your peers, feel free to show a clip of the [episode](#) (2:20–2:55).
- This activity would be great before mid-terms and finals. Consider discussing [stress & anxiety](#) to provide a teaching moment.

