

# RIPPY BITS



## PURPOSE:

### Why?

Reflect on your stressors and let go with our Rippy Bits Activity! This engaging and reflective activity encourages you to jot down your worries, turn stress into art, and share your creations with your peers!

## HOW TO:

### Materials & Budget

- Paper (free if you can use school materials)
- Pencils (free if you can use school materials)
- Tape (free if you can use school materials)

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 would like to spend some money, set aside about \$10 to \$20 depending on the number of people who participate.

### Instructions

- 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!

## Timeline

You need to spend about 10 minutes to set up this event. The actual activity should take no longer than 20-30 minutes.

## Impact

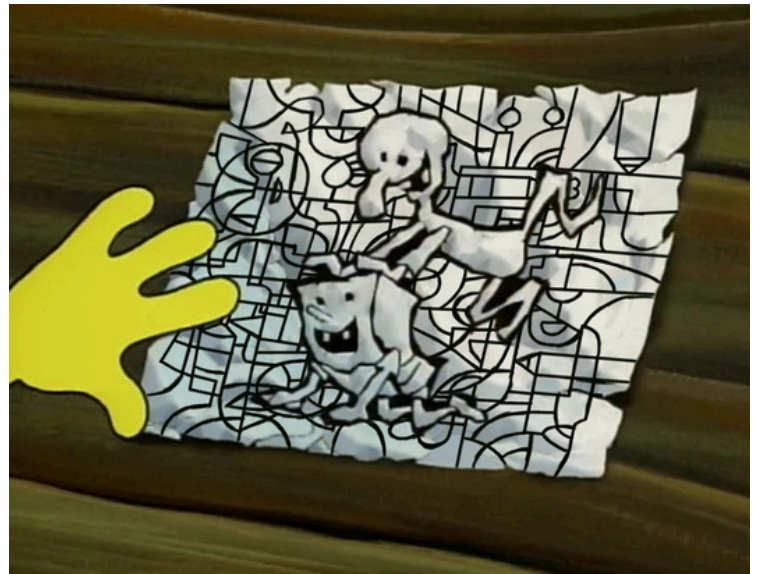
This activity is great for club meetings as it's relatively quick & easy to do individually.

## Example(s)

Example from Staten Island Academy  
High School BC2M!



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)



Post photos from this activity to your club Instagram and tag  
[@bc2mhighschool](#)