

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: FOLLOWING INSTRUCTIONS

CASEL COMPETENCY: SELF-MANAGEMENT

ACTIVITY INFORMATION

Activity: Do This But Don't Do That

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <15 min

MATERIALS AND ADVANCED PREPARATION

Materials: None needed.

Preparation: None needed.

ACTIVITY

Teacher explains that he or she is going to perform some sort of action. If the teacher says "Do this" then the students are to copy whatever the teacher is doing. If the teacher says "Do that" then the students should not copy the action. If a student moves at all, then they are out. The last few standing are the winners. Start with a practice run, so the children understand the game. Once the teacher has had a turn, let the winners of the game have a turn leading the class.