

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

SOCIAL SKILL: RESISTING PEER PRESSURE

CASEL COMPETENCY: RESPONSIBLE DECISION-MAKING

BOOK INFORMATION

Book Title: *If Only I Had a Green Nose*

Author: Max Lucado

Publisher: Crossway

Year: 2002

ISBN #: 978-1581343977

of pages: 32 pages

Reading Level: Kindergarten - 6th grade

BOOK SYNOPSIS

Everyone in the village wants a green nose. Even though Punchinello knows that a green nose will not make him faster, stronger, or even smarter, he eventually wants to have a green nose just because all the other Wemmicks have a green nose.

Punchinello learns the importance of being who we really are. The story teaches that each person, including you, is unique, not like anyone else.

LESSON OBJECTIVE

Each of us is a unique individual. We should not give in to peer pressure and do things just because everyone else is doing things a certain way, dressing a certain way, or acting a certain way.

LESSON MATERIALS AND ADVANCED PREPARATION

Balloon Peer Pressure Activity

Materials: a balloon; black Sharpie marker; an empty water bottle

Preparation: Blow up the balloon and draw a face on it with a Sharpie marker. After the ink dries, deflate the balloon. Now, insert the balloon into the empty water bottle and pull the opening of the balloon over the mouth of the bottle. The balloon should be hanging inside the bottle.

FRIEND Activity

Materials: FRIEND strips (provided in activity plan)

Preparation: Cut the **FRIEND** strips (on page 4 of this lesson plan). Keep strips in the proper order to spell FRIEND.

KEY VOCABULARY AND CONCEPTS

Fad - something that is popular for a short time

Peers - people (usually our classmates) who are around us

Peer pressure - the strong influence of friends on our behavior and choices

Self-esteem - how we feel about our self and our inner strength to stand up against and withstand peer pressure

PRE-READING ACTIVITY

Show the front cover of the book. Ask if students can guess what is happening on the cover of the book. Why do you think these individuals are getting their noses painted green?

READ THE BOOK

POST READING DISCUSSION

Ask the following questions:

- Have you ever tried to be like someone else?
- Have you wanted to wear clothes the same as someone, have the same stuff, or do the same things?
- Why did Punchinello want to be like the others?
- Why do you think we want to be like others?
- Do you think that wanting to be like someone is a good thing or a bad thing? Explain Why/why not?
- When is it a good thing to be similar to someone else?
- Have you ever acted like "Willy Withit" when you are with your friends?
- Have you ever acted like Punchinello?
- Have you ever acted like Lucia?

Discuss how fads are popular one day but not necessarily popular in the future.

POST READING ACTIVITY

Balloon Peer Pressure Activity

Choose someone to help you with the demonstration--someone who claims they can blow up a balloon. Give them the bottle and tell them to blow hard into the balloon so that it will inflate. No matter how hard they blow, the balloon will not inflate inside the bottle. This gives us a picture of what it's like to be influenced by negative peer pressure. Peers are the people around us ... friends and family. And, pressure is when we feel forced to be and act a certain way. The balloon represents a person and the bottle represents peer pressure. No matter how hard the person tries, when they are surrounded with negative peer pressure--people trying to influence them to act a certain way, making it very hard for them to grow into a bigger and better person. The outside negative peer pressure limits their personal growth. They are stuck in a bad environment that does not nurture personal growth.

Now, remove the balloon from the bottle and ask the same student to blow the balloon up. The face on the balloon will appear. When this person freed him/herself from negative peer pressure, when he/she decided it wasn't important to please others who wanted to force them to live and believe a certain way—now OUTSIDE this peer pressure, the person is free to grow and thrive.

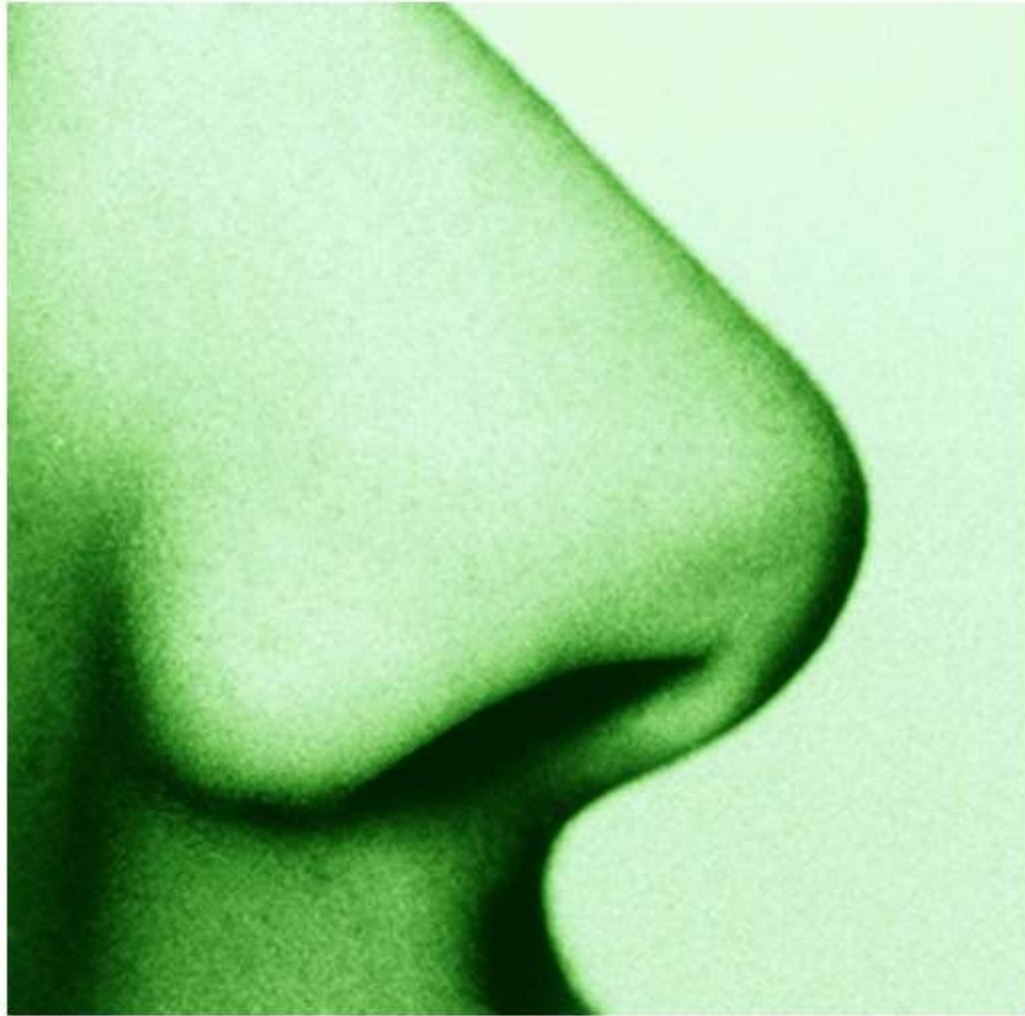
FRIEND Activity

Write the word **FRIEND** on the blackboard. Cut the phrases (below) into strips and, in correct order, have one student at a time read one of the strips.

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| <p><u>F</u>ind a true friend: A true friend likes you just the way you are.</p> |
| <p><u>R</u>un from peer pressure: If peer pressure is too much, turn and run away from the peer.</p> |
| <p><u>I</u>dentify the details of the situation: Know who is pressuring you and what they are pressuring you to do. You can see the situation for what it really is---peer pressure.</p> |
| <p><u>E</u>xplain to your teacher, your friends, and your parent about how you are feeling pressured to do something that does not feel right.</p> |
| <p><u>N</u>ever give in to peer pressure: Being pressured to do something wrong feels wrong and is wrong! Say NO to peer pressure.</p> |
| <p><u>D</u>evelop self-esteem. Feel good about who you are. You are AWESOME just the way you are.</p> |

CLOSURE

Hang the poster (provided) in the room as a reminder about the story's message.



BE YOURSELF