

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: RESISTING PEER PRESSURE

CASEL COMPETENCY: RESPONSIBLE DECISION-MAKING

ACTIVITY INFORMATION

Activity: Pandora's Box

Grade Levels: 3-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Paper, pencils, magazines, scissors, a shoe box and tape

Preparation: None needed.

ACTIVITY

Begin the group session by briefly telling the story of Pandora's Box. A brief summary of the story follows:

Greek mythology includes the story of Pandora, a beautiful woman who wanted or needed nothing. Pandora became curious about the possessions locked inside a box. Instead of being satisfied with her own life, Pandora let her curiosity about the box take over. Unable to withstand her curiosity, Pandora opened the box and took a peek inside. Unwittingly, she also released the contents of the box – a multitude of evil powers that spread throughout the world.

Ask participants what they think about Pandora's story. Then discuss the meaning of the word 'satisfied'. Encourage everyone to talk about things they want but don't have – things that cause them to be jealous or envious of others. Discuss the meanings of those words 'envy' and 'jealousy' and talk about the problems that these two emotions can cause in relationships.

Explain to the group that they are going to create their own Pandora's Box. This box will contain pictures, symbols and descriptions of things that cause jealousy and envy in relationships.

Hand out the materials.

Instruct everyone to write descriptions of problems, cut photographs out of magazines of things that can trigger jealousy or envy or draw pictures related to this topic.

Allow everyone the opportunity to share their creation with the group and to explain how it causes problems and how these problems can be prevented.

After they share their creations, have everyone place their drawings, writings or magazine photographs in the box. Then close the box and seal it with tape.

Explain that this box now contains everyone's feelings of jealousy and envy and that it is sealed.

Discuss the symbolic meaning of sealing up and putting away the problems of jealousy and envy.

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