

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: BEING RESILIENT

CASEL COMPETENCY: SELF-AWARENESS

ACTIVITY INFORMATION

Activity: Rising to the Top

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Wide mouthed jar or glass, uncooked rice, and an egg

Preparation: None needed.

ACTIVITY

Place the egg in the middle of the glass completely covered by rice. Explain that the egg represents someone who is hanging with the crowd. One day the group starts making fun of other people, the egg doesn't like it so he tells them to stop (tap the top of the rim, the egg will rise up from the rice with each tap). Next, the group of friends starts excluding others from their games (tap the rim) and they start telling lies. Each time the egg refuses to go along with his friends and stands up for what's right (tap again). Continue until the egg has completely risen above the rice. Tell the students it takes courage to do the right thing when others are not. A courageous person will rise to the top and stand out from the rest!