

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: ACCEPTING RESPONSIBILITY

CASEL COMPETENCY: RESPONSIBLE DECISION-MAKING

ACTIVITY INFORMATION

Activity: Sweet Responsibility

Grade Levels: K-3

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Small apples and wrapped candy, enough so that you have one for each student

Preparation: None needed.

ACTIVITY

Show the students what you have. Ask them individually which of the two items they would like and let them take the one of their choice. First speak to those that chose the candy, saying something like, "You have chosen the food that will give you quick energy. It is very sweet and delicious to eat. However, it doesn't last very long and it is mostly empty calories. A few minutes after you eat it, you'll be hungry for more." To those who chose the apple say, "The apple will also give you energy and it is sweet to the taste. However, the apple is nutritious and will supply you with extra vitamins. You will feel more satisfied and benefit from the energy it gives for a longer period of time. The decision to take the apple was a very wise one." Now, ask the children how you can compare the apple and candy to our responsibilities and the choices we face every day. Many of the choices we make can bring us immediate pleasure but have no long-lasting value (like the candy) or a wise and responsible choice will bring us a longer-lasting type of happiness and satisfaction (like the apple).

Examples:

1. You are working on your homework when a friend calls and invites you to come over and watch a movie. Which choice will probably give immediate pleasure and which choice would give you long-term satisfaction? Which is the responsible choice?
2. You have been saving your money to buy a new skateboard, but as you walk by the arcade you think about spending the money to play a few arcade games.
3. You have the opportunity to finish your science project ahead of schedule or play basketball with your friends.