

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: JOINING IN & INVITING OTHERS TO JOIN IN
CASEL COMPETENCY: RELATIONSHIP SKILLS

ACTIVITY INFORMATION

Activity: The Tight Hands Game

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <15 min

MATERIALS AND ADVANCED PREPARATION

Materials: None needed.

Preparation: None needed.

ACTIVITY

This game gives children a metaphor for discussing inclusion and exclusion. Begin by explaining that the class will act as if it is excluding someone. Have students hold hands in a circle. One child volunteer, the outsider, tries to get into the circle through spaces between people, while everyone else tries to keep him or her out. Caution children to be gentle when blocking the outsider. When the outsider gets into the circle, stop the game and ask for another volunteer. As a variation you can have two or three outsiders at one time. After playing several rounds, ask: What did it feel like to be an outsider? Did anyone want to let the outsiders inside the circle? Did you let them slip in? Why or why not? Have you ever felt like an outsider in school? When?