

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: BEING RESILIENT

CASEL COMPETENCY: SELF-AWARENESS

ACTIVITY INFORMATION

Activity: Paper Demonstration

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Paper and small book

Preparation: None needed.

ACTIVITY

Show the class the piece of paper and ask them if there is any way the paper can hold up the book, using only one hand to hold the paper. You can ask for several volunteers to try; soon they will realize there is no way. Now take the paper and roll it tightly into a tube, the diameter of about 1 to ½ inches. Hold the tube in one hand and carefully place the book on top of the open end of the tube. It should support the book. Relate this to the ability we all have to turn our weaknesses into strengths and show courage. The paper at first is flimsy, weak, lacking backbone and character- easy to crush and overwhelm. This might be compared to some people who are faced with a problem or obstacle, they may lack the courage to confront the problem or stand up to the opposition. But, with determination we can turn our weaknesses into strengths. Just as the paper can be rolled into a sturdy tube, we can work to add muscle to our weaknesses if we have the courage to persist. We will then develop backbone to hold up under pressure. Ask the students to give examples of what someone could do to turn a weakness into strength. Examples: Marty has to give a presentation in class and he is afraid to speak in front of his classmates. Jackie loves to play basketball but she is extra short for her age. She is afraid to sign up for the team because her skills might not measure up.