

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: HELPING OTHERS/VOLUNTEERING
CASEL COMPETENCY: SOCIAL AWARENESS

ACTIVITY INFORMATION

Activity: Class Obstacle

Grade Levels: K-6

Prep Time: 10-15 min

Activity Time: 30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Blindfolds, different things to make up obstacles (pool noodles, blow up toys, ect.)

Preparation: Set up the obstacle course in the classroom or outside.

ACTIVITY

Have students divide into 2-3 groups. Have a student volunteer to be the leader of each group. Set up the room as an obstacle course by moving the desks around into different shapes or patterns. If desired you can bring blow up toys and set them up to enhance your obstacle course (you could lay a pool noodle across two desks in order to have students limbo underneath it. Then blindfold each student except the volunteer. Have the volunteer guide their group through the obstacle course until finished. After the task is completed ask the volunteers what was hard about their job and what it required of them. Talk more about the responsibilities of volunteering and explain that it gives them chances to lead and help others.

<http://www.buzzle.com/articles/leadership-activities-for-elementary-students.html>