

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: BEING OPTIMISTIC
CASEL COMPETENCY: SELF-AWARENESS

ACTIVITY INFORMATION

Activity: Egg-Balancing Game

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <15 min

MATERIALS AND ADVANCED PREPARATION

Materials: Eggs and salt

Preparation: None needed.

ACTIVITY

A potentially messy game that requires plenty of positive thinking is the egg-balancing game, in which an individual has to balance the wider part of a raw egg on a flat, somewhat textured tabletop. This exercise is possible, but requires patience and a positive attitude. Hard-boiled eggs won't work, since they tend to wobble and fall over because of the weight of the cooked yolk at the bottom. If players are unable to stand the egg upright, all is not lost. Sprinkle a small mound of salt on the table and balance the egg in it. Having the person resort to using salt illustrates that many things are possible but may require some outside-the-box thinking to achieve.