

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

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

ACTIVITY INFORMATION

Activity: Leadership Star

Grade Levels: 3-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Rope or string

Preparation: None

ACTIVITY

Ask everyone in the group to grab the rope and get into a circle. Inform everyone that they cannot let go of the rope or trade places with others, but they can slide their hands along the rope. The goal is to get the whole group to create a five pointed star with the rope (the kind with the crisscrosses in the middle). Once they think the task is complete, ask them to slowly lower the star to the ground and step back to admire their work. Then ask the discussion questions below:

- Was your team successful? If so, how?
- What did your planning process look like?
- Did anyone emerge as a leader? What actions or characteristics made them a leader?
- What roles did others play during the activity?
- In what ways does this activity relate to the real world?

<http://guideinc.org/2014/08/04/team-building-activity-the-star/>