

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: RESISTING PEER PRESSURE
CASEL COMPETENCY: RESPONSIBLE DECISION-MAKING

ACTIVITY INFORMATION

Activity: Longing to Belong

Grade Levels: 3-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: [We Belong Together](#) handouts and pencils

Preparation: Print out handouts for pairs of students.

ACTIVITY

Ask everyone to form pairs and then give each pair a copy of the [We Belong Together](#) handout. Have them write down as many things as they can think of that 'belong' together.

When they are done, begin a discussion about belonging. Ask the participants if sometimes the things they listed don't go together. For example, some people don't enjoy bread with butter. Ask participants what they belong to (for example, sports teams, a church group, or a club).

Ask participants what group of friends they belong to. Encourage them to talk about the benefits and problems that accompany having a specific group of friends.

Ask participants the following questions:

When are some times that you and your friends don't go' together? (For example, you might not all play the same sport, ride the same bus, or like the same foods).

When do you recall doing something with a group of friends that you did not want to do?

Why do you think people sometimes do things that they do not want to do when they are around their friends?

How do you think people act differently when they are around different groups of people?

Why do you think it is difficult for people to say no to their friends?

Where would you draw the line with your friends? In other words, what are some things you would not do?

What are some things that friends sometimes pressure each other to do or to say?

Why do you think people continue to be friends with people they are afraid of or who threaten to break off their friendship?

How can you make some healthy choices about your friends when deciding what you are and are not willing to do?

<http://lifekiller.com/peer-group-pressure-activities-and-games/>