

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: RESISTING PEER PRESSURE

CASEL COMPETENCY: RESPONSIBLE DECISION-MAKING

ACTIVITY INFORMATION

Activity: Risky Business

Grade Levels: 3-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Recipe, index cards and pencils

Preparation: None needed.

ACTIVITY

Ask participants to define risky or dangerous behaviors and to determine what makes behavior safe, as opposed to unsafe.

Steer the discussion toward these behaviors, as they are undertaken in the context of relationships with girlfriends, boyfriends, family members and others.

Show participants the recipe card.

Explain to the participants how all the ingredients combined together create a specific product, such as a cake or cookies. Explain that if any ingredient or any step in the process is altered, the product will not turn out the way it should.

Ask if anyone has ever left out an ingredient when cooking so that the finished product was less than desirable.

Give each person two index cards and a pen or pencil.

Ask them to create their own 'recipes'. On one index card, they should create a recipe describing healthy, productive behaviors. The recipe should include actions and thoughts, necessary for promoting healthy behaviors. For example, "combine 30 minutes of daily exercise, one hour of studying, proper nutrition, being positive, and helping my parents. The results will help me be successful – every day."

On the second index card, they should create recipes for risky, unhealthy behaviors. For example, "Eating poorly, not studying, worrying about my family, not getting enough sleep and watching five hours of TV per day will get me in trouble." Or, for older participants, "Lying to my parents, drinking, staying up until 1 am every night and skipping school will catch up with me in the long run."

When they have finished, ask everyone to share their recipes and discuss differences and similarities. Ask how they will implement their 'recipes for success.'

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