

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

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

ACTIVITY INFORMATION

Activity: Walk Your Talk

Grade Levels: 3-6

Prep Time: 0-5 min

Activity Time: <30 min

MATERIALS AND ADVANCED PREPARATION

Materials: Paper, pencils and clippings from advice columns

Preparation: None needed.

ACTIVITY

Show the advice column to participants; talk about its purpose and the reasons that people might want to ask someone for help or advice with a problem.

Explain to participants that they will each be creating her/his own advice column – both the questions and the answers. They will choose a name for her/his column: “Dear _____”

Distribute paper and pencil/pen to every participant.

Ask participants to write a letter asking for advice about a real or imagined situation that applies to most people of this age.

After they have finished, collect all the letters and pass them out in a different order.

Everyone is to answer the letter that they receive and give helpful advice.

After everyone completes her response, each participant will share with the group the letter she/he received and the advice she/he offered the writer.

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