

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS ACTIVITY

SOCIAL SKILL: JOINING IN & INVITING OTHERS TO JOIN IN
CASEL COMPETENCY: RELATIONSHIP SKILLS

ACTIVITY INFORMATION

Activity: When Life Hands You a Lemon

Grade Levels: K-6

Prep Time: 0-5 min

Activity Time: <15 min

MATERIALS AND ADVANCED PREPARATION

Materials: lemons or oranges or clementines

Preparation: None needed.

ACTIVITY

Gather the children into groups and give each group one lemon (or other fruit). Then ask the children to "get to know your lemon." Children will examine their lemons -- smell them, touch them, throw them in the air, and roll them around. After a few minutes, collect the lemons in a big basket, and ask the children to find their lemons in the pile. Remarkably, most children will recognize their lemons at once. Some will even get protective of them.

Next, ask the children to describe how they recognized their lemons. "My lemon was big," one might say. "My lemon had a mark on one side." And another, "My lemon had dents and bruises." Then talk about how people, too, come in different sizes, different shapes, different shades of color, different "dents and bruises."

After exploring these ideas, collect the lemons again but this time peel the lemons before placing them in the basket. Then ask the children to again find their lemon. Presented with this quandary, children will usually exclaim, "But the lemons all look the same!" This reaction opens the door to discussing how people, like lemons, are often similar on the inside.