

Climbing Out

5. Cracking Up

Spatial Requirements: Classroom with moderate space or gym/outdoor space required

Activity Type: Movement/group

Grades: K-12

Group Size: 10 or more

Time: 10 minutes

Introduction: This activity will help students learn to ignore the individuals around them who try to negatively influence their behavior and pull them into the pot. They may find that those who know them best may have the easiest time persuading them to make harmful choices.

Materials:

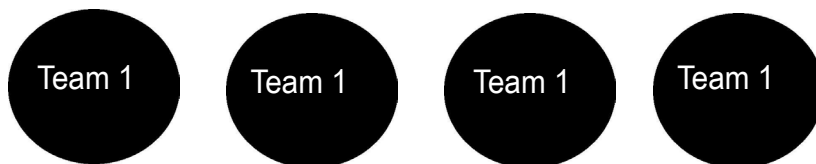
- Masking tape

Activity:

Create a line with the masking tape (see diagram below). Divide the class into two teams. Have each team line up facing the other team with the line of masking tape directly between them, leaving a walkway between the two teams. The first two people from each team will walk down the opposite side of the line between the teams, walking sideways with their backs to the tape. Instruct them that they need to walk at a normal pace down the aisle, back to back with the opposite team member, and make eye contact with members of the opposite team. As they do this, the opposite team will be trying to make them smile. Their goal is to make it to the end of the aisle without cracking a smile. If the walkers succeed, they join the end of their own team's line. If they fail and smile, they join the end of the other team's line. The opposing team will try to make the walker smile by any means they can think of, except touching or harming the walkers in any way. You, the facilitator, should stand at the end of the line to see who smiles and who doesn't, directing the walkers to the appropriate teams. The game is over when everyone has had a turn to walk down the aisle. The winning team is the one with the most people in line at the end of the game.

Processing the Experience:

- What was difficult about this game?
- What methods did you use to avoid smiling?
- Which behaviors were most likely to make you smile?
- Were there certain people who were better at making you smile? Why do you think that was?
- How does this activity apply to peer pressure and getting pulled into the pot?
- What methods can you use to avoid getting pulled in?



masking
tape

