

Climbing Out

9. Make Me Laugh

Spatial Requirements: Classroom with moderate space

Activity Type: Movement/group or object lesson

Grades: K-12

Group Size: 6 or more

Time: 5 minutes

Introduction:

This activity will help students gain a better understanding of the power of peer pressure.

Materials:

- None

Activity:

Ask for six volunteers. Select one of the volunteers to stand in the middle and face the group of five. This is generally easiest if the volunteer you single out is already quick to laugh. Give instructions to the five that they are to do anything they can to make the person in front of them smile or laugh. You can say things (that are appropriate) or make faces, etc. The two rules are: the person in the middle cannot be touched, and the person in the middle has to keep his/her eyes open and look at the group members. Instruct the person in the middle that he/she is not to smile or laugh. Have them begin and allow them to continue until the person in the middle laughs or smiles.

Processing the Experience:

- Why did you finally smile/laugh?
- How does this relate to peer pressure?
- How do your friends influence you?
- Why is it important to choose positive friends?
- How can we resist negative peer pressure?