

Lift the Weight

3. Follow Directions

Spatial Requirements: Regular classroom setup: little or no space required

Activity Type: Movement/group

Grades: 3-12

Group Size: 1 or more

Time: 10-20 minutes

Introduction: This activity helps students understand the rewards that come when we carefully follow rules. They will be asked to answer some questions, but if they don't carefully follow the instructions, they will find that they wasted their time and made some big mistakes. This demonstrates that rules are created for a reason, and when we choose to ignore them, we could wind up making a big mistake.

Materials:

- 1 "test" for each student (This can be found at www.whytry.org/activities.)
- 1 pencil or pen for each student

Activity:

Say to the students, "To introduce the next visual, you will need to complete this short exercise." Give each student a copy and let the fun begin.

Processing the Experience:

- How many of you answered all the questions as you went through the assignment? How many of you did not?
- What did the directions say?
- What did questions 1 and 2 say?
- What can happen when we ignore the rules of society?
- Why is it important to understand why a rule was made?
- How does understanding the consequences help you follow the rules?