

Lift the Weight

10. *The Paper and the Book*

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

Activity Type: Object lesson

Grades: 1-12

Group Size: 2 or more

Time: 5-10 minutes

Introduction: This activity reinforces the idea that when we follow the rules/laws of parents, school, and society, we will become stronger, giving us more opportunity, freedom, and self-respect.

Materials:

- 2 pieces of paper
- 1 rubber band
- 1 heavy book (e.g. a textbook or hardbound dictionary)

Activity:

Ask for a volunteer to come forward. Give the volunteer a piece of paper and the book, and instruct him/her first to stand the paper on its end, and then to balance the book on top of it. Tell them that the book must be balanced at least eight inches off the ground. Allow the volunteer one minute to try. Then give him/her the rubber band and a new piece of paper. Ask the volunteer to try once more, this time using the rubber band. If it is difficult to figure out, you may need to help. The secret: Roll the paper into a cylinder, and use the rubber band to hold it together. Stand the cylinder on end and carefully balance the book on top of it. Note: Instead of asking for a volunteer, you may also decide to give everyone a piece of paper with the same challenge, or break everyone into smaller groups to work in teams.

Processing the Experience:

- Why couldn't the paper support the book?
- How did the rubber band help? (It helped the paper hold its shape.)
- The book represents weight or resistance. If the paper is like our bones or skeleton, how is the rubber band like our muscles?
- Why is it important to lift the weight? (It allows us to see if we are weak or strong and to see the shape we are in.)
- How can applying self-discipline and keeping the laws and rules of your parents, society, and school strengthen you?
- How can being stronger help you face life's challenges?