



4-2-3 Quick Guide to Breakout Activities for Lesson on *Pressure to Obey*

Reading aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how it relates to the idea of authority and pressure to obey. Children may draw pictures of the story as they listen.

- [I Am Rosa Parks by Brad Meltzer](#)
- [I Dissent: Ruth Bader Ginsburg Makes Her Mark by Debbie Levy](#)
- [The Judgmental Flower by Julia Cook](#)

Physical activity: The children will explore the power of authority and the pressure to obey through physical games. They will practice ways to stand out safely.

1. **Follow the Leader:** Give each child a chance to be the leader of the line. The leader can ask everyone in the line to do whatever movements they like (i.e. sing, count, march, walk backwards, make a funny noise, hop, tiptoe, skip, crabwalk).
2. **Show Your Strength:** Divide group into teams of 4-5 kids. One person is the Coach, and the other kids are training for an Olympic team. The Coach picks a skill or a strength that the group must practice and instructs them what to do. (Martial arts, speed training, yoga, push-ups, jumping jacks, etc.) Trade every five minutes until each child has had a chance to be the Coach.
3. **Standing out in the Crowd:** Have the kids form a circle. Play a favorite style of music out loud. The instructor starts off by doing dance moves in the center of the circle, then dances back to the edge of the circle and tags the next kid. Move clockwise around the circle, giving everyone a turn to dance in the center. Allow kids to determine how long they want to be the center of attention, with an upper limit of one minute. Repeat the activity and encourage kids to stay longer in the center.

Drama/Theater activity: The children will create skits about this week's theme, which is *Pressure to Obey*. Below are prompts.

- **Cramping Cupcakes:** You are on a team that is competing for the state championship in whatever sport your group chooses. The night before the big event, all the teams are invited to a picnic together. Your coach has made cupcakes and added in a medicine that will give people a terrible stomachache so they will perform poorly the next day. The coach warns your team not to eat any of the cupcakes. What do you do and your teammates do?
- **Good or Bad? Hard to Tell:** Create a skit about a team of superheroes that wants to stop a war that is happening on Planet Earth, but in order to stop the bad guys, the superheroes also use destructive weapons. Some people on Planet Earth are saying that the superheroes are as dangerous as the villains and that they destroy too much property. What happens?

Visual Art activity: Kids will do art projects that encourage critical thinking and uniqueness.

- Print copies of template *4-2-7 DIY Trading Cards* onto cardstock paper. Instruct kids to draw unique personal trading cards for themselves. (include their name, a simple drawing of themselves, and a unique fact that makes them different from other people). Cut out the cards and have kids trade cards with peers they don't know well.
- **Make my own creature:** Using play-doh, sculpey, or modeling clay, kids will sculpt their own creature that will help them resist peer pressure by giving them strength. It could have traits from other known creatures (i.e. dragon wings, rhino horn, dog tail, cat ears). Kids can circle up and introduce their unique creature to the group.