RecipeaceCards

A Project of the Jeffco Student Health Advisory Council

YELLOW

HIT THE MARK

An activity to demonstrate the power of positive group energy and exemplify the power of peer pressure.

Time	Group Size	Materials
15 Minutes	30 Students	Poster (12 feet long), Marker, Tape, and Candy.

INSTRUCTIONS

1. Teacher will hang poster on a clear wall so that the top of the poster rests at about twelve feet. This does not have to be exact, but a student will be jumping so it is important to ensure that they do not jump above the top of the poster.
2. Teacher will address the class and choose one student at random. The teacher will tell the class to be quiet, and then tell the chosen student to jump and mark as high as possible with the marker.
3. Once the student has done this, the teacher will tell them to repeat again, this time jumping higher to beat their record. This is repeated until the student says they cannot jump any higher or if the marks on the poster are beginning to get lower.
4. The teacher will then bring out the hidden candy and explain that if the chosen student can jump high enough and beat all of their previous attempts, the class will all get candy. If the student can't, the class does not get candy.
5. The teacher will then tell the class that they are now allowed to talk and encourage their peer, but only with positive language, to jump higher.

DISCUSSION QUESTIONS

- How did it feel to be cheered on by team?
- How did it feel to be under pressure to perform? How did that change your mentality?
- Do we rely on other individuals for the success of a task in life? When? Where?
- Would negative words/threats been more effective in helping the student jump?
- Does this activity change your views on how peer pressure can change the mentality of a group?
- Where have you all had to be the one key member/key player in a group project or event?
- How was your group's attitude influential to your success?
- Should groups be more positive or more negative? Why?

JEFFCO PUBLIC SCHOOLS   KAISER PERMANENTE   Snack Attack