

SOCIAL EMOTIONAL LEARNING

SOCIAL SKILLS LESSON PLAN

SOCIAL SKILL: RESISTING PEER PRESSURE
CASEL COMPETENCY: RESPONSIBLE DECISION-MAKING

BOOK INFORMATION

Book Title: *The Berenstain Bears and the Double Dare*

Author: Stan and Jan Berenstain

Publisher: Random House Children's Books

Year: 1988

ISBN Number: 978-0-394-89748-6

Number of Pages: 29 pages

Reading Level: Kindergarten - 6th grade

BOOK SYNOPSIS

The book begins with Sister Bear very upset that a big bear (Too Tall) had been mean to her at the playground and stolen her jump rope. Brother Bear is angry about this and goes to try to get Sister Bear's jump rope back from the bully. When he reaches the playground, Too Tall and his gang of bears are still there holding the rope. Brother demands they give back the rope. Too Tall finally gives Brother Bear the rope. Then, Too Tall asks Brother Bear to join him and his gang as they go around causing mischief. Brother Bear doesn't want to go. Adding pressure, they all begin calling him a chicken and mocking him.

Then, Too Tall dares him to go with them. Brother Bear does not want to appear cowardly, so he agrees to join them. Too Tall then goads Brother into sneaking onto Farmer Ben's private property and stealing a watermelon. Brother Bear is caught by Farmer Ben and the rest of the gang run away. Brother Bear explains the whole situation to Farmer Ben. They share some watermelon as they talk, and Ben talks with Brother Bear about peer pressure and its negative consequences. He explains that sheep will blindly follow a leader into the street or off a cliff. He told Brother Bear that everyone should think for themselves, especially when it comes to right and wrong or between safety and danger. Brother Bear agrees and walks home. On the way, he sees that Too Tall is getting into trouble with his dad because he found out about the watermelon from Farmer Ben. Finally, Brother gets home and returns the jump rope to Sister Bear.

LESSON OBJECTIVE

Students will understand the importance of thinking for themselves and the importance of **NOT** being persuaded or pressured into making bad and dangerous choices. It is OK to have a leader, but always think about what they are doing and what they are asking you to do. Each person must make their own choice. Everyone is responsible for their own choice and the consequences that follow. Always stand up for what is right, even when others might pressure you to do otherwise.

LESSON MATERIALS AND ADVANCE PREPARATION

Materials: chalk or dry erase markers; scenario cards numbered 1 through 6 (see activity); paper and pencil for each student.

Preparation: Read through the scenarios on page 3 and decide which are most appropriate for your group of students and cut them out for your students.

Review the video clip from "A Christmas Story": <https://www.youtube.com/watch?v=NigyrT7nLBO>

Even though YouTube has some longer clips of this "triple-dog-dare" scenario, use this short clip because it does not have inappropriate language. This YouTube clip is appropriate for all ages.

KEY VOCABULARY AND CONCEPTS

Honest - truthful in words and actions

Trespassing - going on someone else's property without permission

Gang - a group of people that are together with common goals

Shenanigans - silly and unnecessary behaviors

PRE-READING ACTIVITY

Ask students if they have ever been "dared" to do something they didn't want to do. Talk about how that made them feel. Have they ever dared someone else to do something?

READ THE BOOK

POST READING DISCUSSION

Ask the following questions:

- Why do you think it is a bad idea to dare someone to do something?
- Why did Brother Bear feel like he had to go along with Too Tall and his gang?
- What will you do if someone dares you to do something that you know is wrong or dangerous?
- Why do you think Too Tall wanted Brother to come with him to steal a watermelon?
- What does it mean to "be a sheep?"
- How can we be better at resisting peer pressure?

POST READING ACTIVITY

Peer Pressure Scenarios

As time permits, read scenarios from a card (*see next page*). After reading the scenario, allow students to either write a few sentences, draw a picture, or discuss in a group what they would choose to do in each situation.

CLOSURE

Hang quote and remind students to be responsible!



<p style="text-align: center;">Scenario #1</p> <p>Imagine that you are at a birthday party with some of your friends. One of them begins to dare others to do things, such as putting rotten potatoes in a neighbor’s mailbox, sneaking around the windows of an elderly lady’s home to scare her, and knocking on neighbors’ doors and running before anyone comes to answer the door. Some of these dares might get people hurt and all of the dares will definitely get kids in trouble with their parents if they find out about these pranks. Then, they say to you, “I dare you to eat a raw egg!” You think about this carefully. What will you do? What will you say to your friend who dared you to eat the raw slimy egg?</p>	<p style="text-align: center;">Scenario #4</p> <p>Your parents went out to a movie, leaving your older sister in charge. A household rule...when your parents are not home, friends are not allowed to come over and play. After your parents drive off, your best friend stops by and wants to come in and play. You don’t want to make her feel bad. Your sister is upstairs listening to music and doing homework, so what harm could it do? Your friend keeps telling you to just let her come in, that it isn’t a big deal. She tells you that your parents are silly to have such a rule. Besides, she says that they will never know about this. What will you do?</p>
<p style="text-align: center;">Scenario #2</p> <p>You are out riding bikes in the neighborhood with a group of kids. Your parents have given you a rule—“Never go past the fire hydrant on the corner.” A few of the other kids ride past the fire hydrant. However, you stop and wait. They look back and tell you to follow them. When you tell them you are not supposed to go any further, they laugh and call you a baby. Then they tell you to follow them anyway, promising you that they won’t tell on you. Your parents will never find out. What should you do?</p>	<p style="text-align: center;">Scenario #5</p> <p>You are on the playground swinging with a group of classmates. One of them dares you to jump out of the swing while you are up at the highest point of swinging. They tell you that kids do it all the time. You are afraid you will get hurt if you jump, but you don’t want to look like a chicken in front of the entire playground. What should you do?</p>
<p style="text-align: center;">Scenario #3</p> <p>You are at a sleep-over with a group of friends from school. One of your friend’s older brothers dares you to call 911 and then hang up. You have been taught to NEVER call 911 unless there is a real emergency. However, you really want this friend’s brother to like you. He is in high school and everyone knows he is cool. What should you do?</p>	<p style="text-align: center;">Scenario #6</p> <p>Show the YOUTUBE video clip from “A Christmas Story” the student when he was dared and licks the flag pole (temperatures are well below freezing). He gets his tongue stuck on the pole. After showing the video, ask the following questions:</p> <ul style="list-style-type: none"> ● If you were standing by, what would you have done? ● Describe the pressure this kid felt which triple dog dared to lick the flag pole. ● What kind of thoughts or support from friends could help you to turn away from such a dare? ● When the school bell rang, where did everyone go? ● Explain other choices this student may have considered.

"The moment you are
old enough to take the
wheel,

responsibility
lies with you."



—J. K. Rowling

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