

Grade 7 – Challenge #2

Challenge...Avoid the Drama

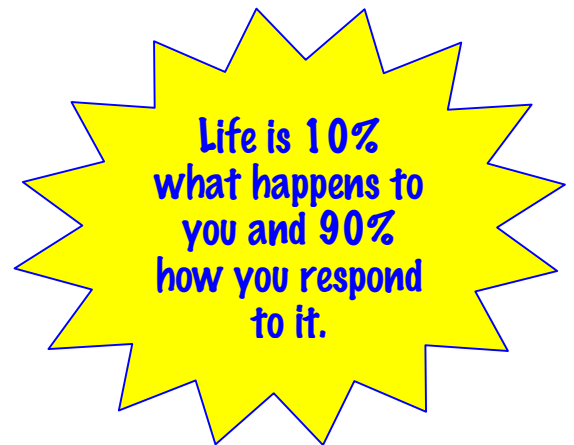
The thing about drama is that for many people, it can be their lifeblood. It can give a constant sense of something happening, occupy a lot of time and attract a lot of attention. If you have a lot of drama in your life, expect that people around you will actively try to get you involved. Realize that not having it might initially seem like a void, but that void is simply the absence of chaos; it's healthy to avoid drama, and if you stay the course and seek healthier social patterns, you'll find ways of filling it before you know it.

While these tips can't help you avoid *all* the drama that might come your way, they certainly can help reduce it. Here's what to do.

1. Walk Away from Gossip. Sure, the latest gossip on your friends or others can seem really enticing, but participating in the gossip brings you into the loop of dysfunction. If you find yourself in the middle of where gossip is happening, find a reason to walk away, and certainly don't spread it – you don't want to be connected with it later.

2. Be Tactful or Don't Say It. Some say that they are "just being honest" and it gets them in trouble. The truth is, some people don't want to hear things bluntly or simply need an opinion delivered with kindness. If you can't be tactful, it's best not to say anything at all.

3. Don't Post Anything Anywhere Online Unless It Could Be Public. This is just a good rule of thumb in general. If you are posting things hoping others don't see them on Facebook – the very person you don't want to see it, will see it or hear about it. Trust me on this. Pretend everything you do online is available to everyone...because in many ways, it is.

A blue starburst graphic with a yellow outline. Inside the starburst, the text reads: "Live without pretending. Love without depending. Listen without defending. Speak without offending." The text is in a yellow, sans-serif font.

Live without pretending.
Love without depending.
Listen without defending.
Speak without offending.

4. Don't Play Games. In relationships, and in life be straightforward and honest. Lying or playing games doesn't get you anywhere. Not only will you have trouble keeping your own lies straight, but also you may not end up winning the games you play.

5. Eliminate or Reduce Contact with People Who Do Everything Above. Even if you don't participate in behavior that encourages drama yourself, by keeping people in your life that do, you are going to be associated with it. Decide if that's what you want.

Avoid the Drama

Break up into groups and complete this worksheet.

How do you define drama?

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Give three examples of drama you have been involved in, heard about or witnessed at school.

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How could each of the above examples been avoided?

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Share your work with the mini-team.

A Twist on Telephone



PURPOSE

As they play an interactive, silent version of the age-old game of telephone, students will take part in what gossip really is—blindly repeating words without having any idea if they're true or not.

MATERIALS

Prompt Sentences (attached)

PROCEDURE

1. Before the game starts, print out the attached prompt sentences for students to act out.
2. Split your mini-team into two groups.
3. Line each group up, and give the first student in line a prompt to act out for the next person in line to guess by using motions but no words.
4. Give the student 30 seconds to act it out. The person watching should not say their guess out loud; there should be NO talking throughout this activity.
5. While the first student acts out the prompt, everyone except the next person in line has to face away from the person who is acting so that they cannot see what is being acted out.
6. Once the student guessing has an idea of what the answer is, they then turn to the next person in line (who turns toward them) and acts out what they think the prompt is.
7. Continue down the line this way, but make sure no one talks or turns around when it's not their turn!
8. Once the game reaches the end of the line, the whole group should be turned around.
9. Have the first person act out the starting sentence, and then have the last person in line act out the sentence they guessed.
10. Tell the students what the sentence actually started out as, and go down the line to see what their guesses were.

Follow Up Discussion Questions:

1. How big of a difference was there in what the first student was trying to get you to guess and what last student was trying to get you to guess?
2. Was the game more difficult because you couldn't speak up and say what you wanted to say?
3. Have you ever misheard any information that others were discussing? Share examples.
4. Have you ever passed on misheard or untrue information? Share examples.
5. What role does social media and technology (Facebook, Instagram, Twitter, texting) play in spreading information?
6. Why do people sometimes pass on information that they did not get first hand?
7. What are the negative consequences of passing on misheard or untrue information?
8. How does this activity relate to today's challenge?