

FOCUS, PLEASE!

Take five

before responding

Materials: Worksheet copies, rumor written on an index card*

Directions: Read the worksheet, complete the activity and discuss as a group.

Someone tells you something they heard about someone else and it isn't nice.

Is it true? Or, is it a rumor?

A rumor is unverified information. We simply don't know if it's true or not. But in the "heat of the moment," we may pass it on anyway.

When we're relaxed, rumors impact us differently. In today's activity, we'll use a rumor and a relaxation technique to learn if our focus makes a difference.

ACTIVITY INSTRUCTIONS

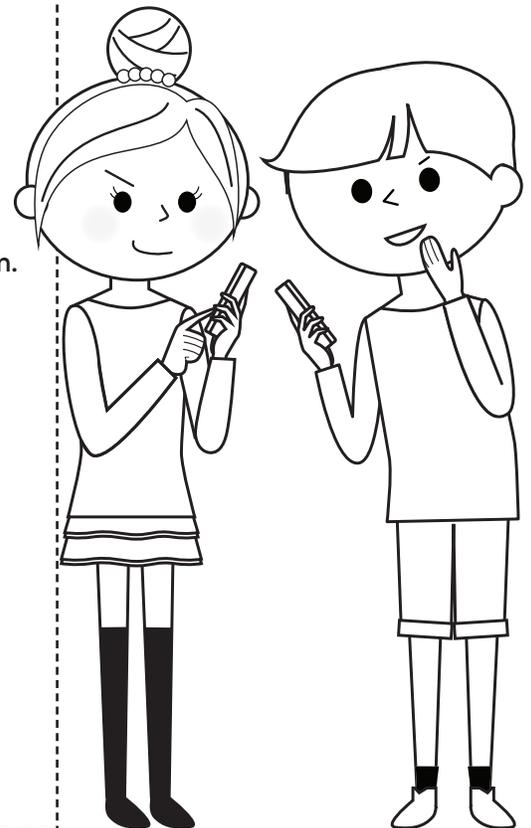
- 1 Divide equally into Team A and Team B and stand in a circle.
- 2 Show the written rumor to one person on Team A. That person will whisper the rumor to the team member next to them. Continue whispering the rumor around the circle to all members of Team A. The last person will share the rumor they heard aloud.
- 3 Show the same written rumor to one person on Team B. That person will whisper the rumor to the team member next to them. Continue whispering the rumor around the circle to all members of Team B. The last person will share the rumor they heard aloud.

Between whispers, Team B will practice breathing together to relax. Team B will breathe in slowly as they count to five; then breathe out slowly as they count to five.

One... two... three... four... five... breathe in.

One... two... three... four... five... breathe out.

- 4 Let's compare and discuss the written rumor to the final whispered rumor said aloud on each team. Were they the same? Did relaxed breathing help Team B's outcome? What tips can aid you when you hear words that may be untrue?



* Use one of the rumors below or write your own rumor:

Never wear green flip-flops at the beach or jellyfish will sting your toes.

Heath Hite hates Healy Middle School and hopes to hop a train to Houston.