
Sweet Game

Learning Outcome:

- To practice peer resistance skills

Equipment needed:

- Sweets or another appropriate treat
- (Could use the 'Resisting Peer Pressure Card')

Instructions:

- Give each person a sweet/treat (so you need at least two people!).
- One person or half of the 'group' (family?) **MUST NOT** eat their treat under any circumstances and should try to persuade the other person/half of the group to not eat their treat either.
- The other person/half of the group **CAN ONLY** eat their treat **IF** they can persuade the other person/someone in the other group to eat theirs at the same time.
- The idea is to see which side wins – no physical persuasion allowed!
- You could develop this by using ideas from the Resisting Peer Pressure Card and trying them out.
- Chat about peer pressure (influence from members of one's peer group) together – how, in real life, do we manage if people want us to join them in doing something we don't want to do?

National Curriculum: Primary: Contributes to 'Caring Friendships' and 'Respectful Relationships'.

Secondary: Contributes to 'Respectful Relationships including Friendships.'