REALITY RIDE

Target: To help students see choices within their life and that those choices have positive and negative consequences and to remind them that although me may have ups and downs in life, we can always get back on track with help.

Materials: power point (visual and you tube video attached to it), reality ride worksheet, toothpaste, paper, clean up supplies, make a grid on floor, make predetermined path for maze

Procedure:

1. Ask students if they have ever ridden a roller coaster and how they liked it. Ask them if they could ride the same coaster all day and why or why not? Would it continue to be as fun if you knew all the twists and turns?
2. Show students the video of the hulk coaster (see power point)
3. Ask students to compare a roller coaster to life. What does a coaster have that life also has?
4. Show Reality Ride visual. Have groups answer number one on their sheets. What does reality mean? Discuss.
5. Have students answer number two on their sheet. What is a real goal?
6. Continue going through visual. What do wheels do? Keeps you going. What are the things in life that keep you going? Home, school, peers. Link this to visual.
7. Although home, school, and peers motivate you. They can also be challenges. Have groups answer questions 3-5. Discuss.
8. Continue through visual. Think about times you got in trouble. Do you continue to let those things happen over and over again?
9. Ask for a volunteer that would like to make $20.
10. Tell the volunteer that they will have 30 seconds to squeeze out all the toothpaste from the tube on to a piece of paper. Then they will have 1 minute to get the toothpaste back in the tube. If he/she is successful, they will win $20. Ask the volunteer if they want to accept challenge. If not, pick new volunteer.
11. Do challenge. Reflect:
	1. How successful was the person at the task?
	2. Ask the volunteer: Why did you volunteer for the activity?
	3. Think about the last time you were in trouble. Many of you knew the consequence of your actions before getting in trouble, why did you participate in that activity?
	4. In thinking about this activity, did the volunteer have a chance at the $20?
	5. Would you have still volunteered if I’d have said that you’d have to pay me $20 if you weren’t successful?
	6. Point: Sometimes we do things that we know we won’t be successful at, yet we continue to do it. Wouldn’t our lives be better spend doing something realisitic with a higher chance of success?
	7. What would you have needed to make this a more successful task?
12. Look back at visual #6. Discuss consequences of 5th grade problems. Have groups do #6 on sheet.
13. Do Maze activity. Tell students they will be going one by one through the grid on the floor. Tell them that you have the path on how to get through the maze. Tell them that when they step on the wrong square you will beep and the next person will try. Rules: Students can step forward, backward, left, or right, but not diagonally. Students cannot speak during the activity to communicate to one other what square to step on. All students must get through the maze.
14. Have students work on the maze. After a while students will learn that non-verbal communication is an option to help students through.
15. Once all students have made it through. Reflect.
	1. What was difficult about this activity?
	2. What were your feels as you went through this activity? What was frustrating or motivating?
	3. What tools helped you be successful?
	4. What could the maze represent in life?
	5. What could the beeps represent?
	6. What supports did you have during this activity and in life?
16. Continue through visual, reflecting as you go on “red/harder but worth it” coaster. Have students notice that that one starts off slower, but goes higher and has different paths and may have even more “fun” things ahead that we can’t see. Also have students notice the support on that coaster and discuss what that means.

Reality Ride

1. What is reality?
2. What are some school goals you can make?
3. What are some challenges at home that interfere with reaching your goals?
4. What are some challenges at school that interfere with reaching your goals?
5. What are some challenges with classmates that interfere with reaching your goals?
6. What problems happen over and over again?