

Scripted

Role Play

Examples



**Grade: Upper Elementary**

**Skill: Interpersonal Communication.**

**Concept: Refusal Skills**

Scenario: You and a friend are in the store looking for something to buy. You only have enough money to buy one thing, but you would also like a pack of gum. You decide to just slip it in your pocket.

**Taylor:** Wow. That new game sure looks cool.

**Sam:** Yeah. I have saved up a long time to buy it. I have just enough money.

**Taylor:** Can't wait to get home to try it out with you.

**Sam:** Look. There is some gum. I don't have enough to buy it. I think I will just slip it in my pocket. No one will know.

**Taylor:** Are you kidding? That is stealing.

**Sam:** Yeah, but it is not that much. No big deal.

**Taylor:** It is a big deal. If we get caught, we would be in big trouble.

**Sam:** We won't get caught.

**Taylor:** Whatever. They would probably call our parents, maybe even the police.

**Sam:** So what.

**Taylor:** Really? My parents would not let me hang out with you and they lose their trust in us. Besides, I would feel really bad because stealing is wrong.

**Sam:** Don't worry about it.

**Taylor:** I am worrying. We don't need the gum and the stress of trying to steal it. You are a better person than that.

**Sam:** Taylor, what a worry wart.

**Taylor:** I am out of here.

**Grade Level: Upper Elementary**

**Skill: Self-Management**

**Concepts: Stress Management**

Scenario:	Avery and Micah are both in the school concert. Avery has a solo and is stressed about singing it in front of 300 parents. Micah is going to help her deal with stress in a healthy way.
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**Avery:** I don't know if I can sing that solo in the concert. It is really stressing me out.

**Micah:** You will do fine. I heard you sing it yesterday in practice.

**Avery:** I know, but I think I am going to be sick. My stomach feels weird and My heart beats a mile a minute.

**Micah:** That's normal. It's okay to feel nervous.

**Avery:** I am just going to skip the concert. I don't really have to go. Someone else will fill in for me.

**Micah:** Avery, that's not healthy. Just because something gets stressful, you don't want to avoid it. How about trying to deal with your stress?

**Avery;** I know it's not healthy, but neither is getting sick. Okay, what do I do?

**Micah:** First, I want you to lay down and take 10 deep breaths. Then let the air out slowly.

**Avery:** (*Micah takes 10 breaths*). That does feel better. Is that all?

**Micah:** No. Now I want you to close your eyes and think about being on a beach. It is 75 degrees and the sun is beating on your face. You can hear the ocean and feel the warm sand. Keep breathing.

**Avery:** Wow. That is relaxing. Now what?

**Micah:** Now I want you to see yourself standing up on stage and singing your solo perfectly. Keep breathing. After you are done, you hear the audience applaud and you are very proud of yourself. Now open your eyes.

**Avery:** That is better. The breathing really helps. Okay, I will try it tomorrow night right before I sing.

**Grade Level: MS**

**Skill: Interpersonal Communication    Concept: Conflict Resolution**

Scenario: Tyler cut in front of Sean at lunch. Sean is mad and confronting Tyler.

**Sean:** Hey, Tyler, get in back of the line. You can't cut.

**Tyler:** What are you going to do about it? I am not moving.

**Sean:** (Take deep breaths to cool off.) Come on. That's not fair.

**Tyler:** Yeah, and it's not fair that our teacher lets us out late every day and I am always in the back of the line. I don't even have time to eat my lunch.

**Sean:** I can understand that, but cutting is just making me, and everyone else mad at you. That's not a good solution.

**Tyler:** As of today, I am not being last anymore.

**Sean:** I really get where you are coming from, but you can't solve the problem like that. It is just going to cause a huge fight.

**Tyler:** What else can you do?

**Sean:** Listen, get back in the right spot in line and I will save you a seat over at that table. I bet if we talk to the teacher, it might help. I'll even go with you.

**Tyler:** Well, if you promise to save me a seat.

**Sean:** Yeah. I know we can solve it together.

**Tyler:** Okay, see you in a few minutes.

**Grade Level: MS**

**Skill: Interpersonal Communication    Concept: General Communication—Being Specific and Asking Questions**

Scenario: Logan and Kelly are making plans to meet at the mall on Saturday.

- Logan:** Hey, what are doing this weekend?
- Kelly:** Not a thing! Want to meet at the mall or something?
- Logan:** That sounds like a good plan. I want to look to see what new video games they have out.
- Kelly:** Where do you want to meet?
- Logan:** Let's meet inside the mall.
- Kelly:** Funny! Do you know how big that mall is? What store should we meet at?
- Logan:** Oh, you're right. How about in front of Target?
- Kelly:** Crossroads Mall doesn't have a Target!
- Logan:** I thought we were meeting at South West Mall.
- Kelly:** Okay. We will meet at Target at the Southwest Mall.
- Logan:** That sounds great. Bring money for lunch.
- Kelly:** Wait a minute. What time should we meet?
- Logan:** You sure ask a lot of questions.
- Kelly:** Yeah, but I want to make sure we don't miss each other.
- Logan:** How about 11:00? That would be am—before you ask.
- Kelly:** All right. We will meet outside the Target at South West Mall at 11:00 am on Saturday. See you there.
- Logan:** That sounds good. I am glad we got that figured out.
- Kelly:** Me too.

**Grade Level: MS**

**Skill: Analyzing Influences**

**Concept: Negative Influences**

Scenario: Ray is playing basketball and so is Alex. Ray is going to buy a pair of Shoes that cost \$185.00. Ray is going to try to influence Alex to buy the same pair. Alex is going to resist the negative influences.

**Ray:** Hey, Alex, basketball starts next week. Do have all of your stuff?

**Alex:** Yes, I am excited.

**Ray:** I am getting the Nike All Star shoes to play in.

**Alex:** No way, those are like \$185.00!

**Ray:** You have to get them too, I think everyone on the team is getting them.

**Alex:** I don't know. That's a lot of money.

**Ray:** You have to get a pair. You know they will make you run faster because of the design.

**Alex:** Uh, I don't think so. That just their commercial—not real life.

**Ray:** No, seriously, Adam Long is the best basketball player out there and he wouldn't lie. It helped him.

**Alex:** Ray, that's crazy. He is getting big advertising money to say those things.

**Ray:** Well, I'm not taking that chance. I don't want to be the slowest kid on the court.

**Alex:** I love basketball, but I don't want to spend that much money. I would have to pay half. Besides, I'm pretty fast in my old shoes.

**Ray:** Okay, but you are going to be the only one in dorky shoes that runs slow. Boy. are you going to regret it.

**Alex:** I am going to take that chance. I don't believe that wearing a certain kind of shoes will make you the best basketball player in the world. It is just not true.

**Grade Level: HS**

**Skill: Advocacy**

**Concept: Convincing Others**

<p><b>Scenario:</b> Shawn is a member of the student council and wants to advocate for having a salad bar offering during lunch. Kelly is also on student but thinks the idea is too tough and there is no way it would work.</p>
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**Shawn:** Kelly, what do you think of the salads bar idea?

**Kelly:** I don't want to be mean, but I think it doesn't have a chance of working.

**Shawn:** What do you mean? If we work together and help solve the problems, it could really work.

**Kelly:** There is no way we can solve problems like the cost of the food, the hiring of more people to manage the salad bar, and getting it sold to the other students who would eat McDonalds anyway. It's just too big of project.

**Shawn:** I am really confident that this can work. It will take a lot of work, but think of all of the health benefits to the students and staff if we pull this off.

**Kelly:** That is true—it would be healthier. But the cost is just too great.

**Shawn:** Are you sure? We need to really investigate it. It just seems logical to me that if we could offer more choices at lunch, then maybe more kids would stay and eat instead of going to fast food. We need to change their way of thinking!

**Kelly:** I don't know.

**Shawn:** Listen, Kelly. You are awesome at the advertising end of things. You could sell air and make a profit on it. You are really good at convincing people to do things. I wouldn't even think of doing this without you.

**Kelly:** Whatever.

**Shawn:** No, I am serious. Let's give this thing a try. We are doing this because we believe in healthy food choices and it is the right thing to do. Even if it doesn't succeed at first, we will at least get people talking about it. It is worth it to me. Are you in?

**Kelly:** Okay, let's give it a try. You are right. It is worth the fight.

**Grade Level: HS**

**Skill: Decision Making**

**Concept: Alcohol  
Assertiveness**

**Scenario:** Shawn and Alex are at a party. Alex goes outside with Shawn. They see a bunch of their other friends in the garage drinking beer. Shawn opens a beer and offers you one.

**Shawn:** Hey, Alex, here is a beer to celebrate.

**Alex:** No thanks.

**Shawn:** Come on. Take it. It is not going to kill you to join in.

**FREEZE:** (*Think out loud*)

<b>Option 1</b>	<b>Take a Beer</b>
Benefit: I will be part of the group. I will have some cool friends.	Risk: I will get caught. Grounded by my parents. Lose out on sports.
<b>Option 2</b>	<b>Don't Take a Beer</b>
Benefit: I will not get into trouble. I will stay true to my values and beliefs.	Risk: Being made fun of by friends Considered a nerd Not have as much fun as the others

**UNFREEZE**

**Alex:** (*Assertive*) Thanks, but I don't drink.

**Shawn:** Well, you can start tonight. They taste great and you can be part of the gang.

**Alex:** Thanks, but I am not going to risk it right now.

**Shawn:** You sure are missing out.

**Alex:** That's fine. Thanks for respecting my choice. You are a good friend. What are you guys talking about.

**Shawn:** Okay, we are just talking about school and 1<sup>st</sup> hour. Couldn't believe what happened.