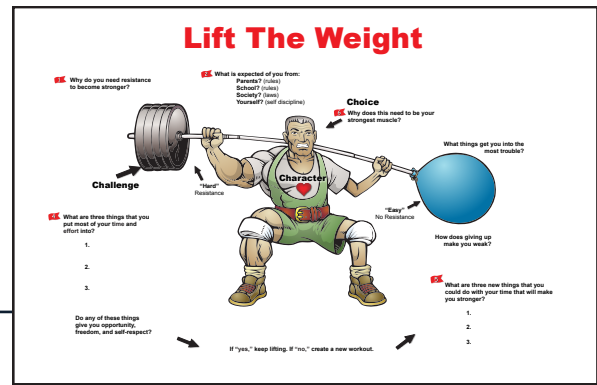


Responsibility & Self-Discipline
(Lift the Weight) Activity:






“Follow Directions”



Introduction:

This might look like a simple activity—but it’s actually about how you handle real-life situations every day. In life, rules, directions, and expectations can feel annoying or easy to ignore—but those moments are exactly where your choices matter most. The way you approach this activity will say a lot about how you deal with challenges, responsibility, and pressure in real life. Pay attention—you might learn something about yourself.

Details:

 Space: Any	 Activity Type: Movement/Group	 Grades: 3-12	 Group Size: 1 or more	 Time: 10-15 minutes
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Materials:

- 1 “test” for each student (see attached document)
- 1 pencil or pen for each student

Activity Instructions:

Say:

“I’m going to give you a short assignment. Your job is to follow the directions exactly as they are written.”

Pass out the worksheet and a pencil to each student Emphasize:

1. Work independently
2. Do not talk or ask for help during the activity
3. Follow the directions exactly as written

Allow students time to begin and observe what happens.
(Do not offer hints or clarification.)

Processing the Experience:

- What was the most important direction—and how many people actually followed it?
- Why did so many people start without reading all the directions?
- In this activity, what was the “weight” (the hard thing), and what was the “balloon” (the easy choice)?
- How is this similar to rules and expectations in real life—at school, home, or with behavior?
- What is one “weight” in your life right now that you know would make you stronger if you followed through?

Key Takeaway (Optional Wrap-Up)

Rules and expectations aren't there to make life harder—they're there to make you stronger. When you slow down, follow directions, and do what's expected—even when it's not easy—you're building discipline, trust, and real opportunities for your future.

Directions: Read the entire exercise before doing anything else. Do exactly as instructed. Under no circumstances are you to speak or ask a question. Be sure to keep your eyes on your own papers. When you have finished, sit quietly until everyone has finished this drill.

Name: _____

1. Read every instruction before you do anything.
2. Proceed carefully and cautiously.
3. Write your name in the designated space provided, below the paragraph that starts with the word, "Directions."
4. Circle the word "name" in sentence three.
5. Draw five small squares in the upper left-hand corner of this page.
6. Put an "X" in each square.
7. Put a circle around each square.
8. Sign your name in the lower right-hand corner of this page.
9. After your name, write, "yes, yes, yes!"
10. Put a circle around each word in sentence number 8.
11. Put an X in the lower left-hand corner of this page.
12. Draw a triangle around the X you put down.
13. On the reverse side of this page, multiply 703 by 1,850.
14. Draw a rectangle around the word "page" in sentence number 3.
15. Snap the fingers of your left hand.
16. If you think you have followed these directions, write, "I have" in the space provided below.

17. On the reverse side of this page, add 8,950 and 9,850.
18. Put a circle around your answer. Put a square around the circle.
19. Shut your eyes for just a few seconds.
20. Please ignore instructions four through nineteen, and follow the instructions in sentence number three to complete this drill.