

**Learning Objective:** To help children understand the negatives of being in a clique

**Skill:** Making friends

Ask the group to share their ideas about what a clique is. Do they think there are cliques in their school?

Tell them:

*A clique is a group made up of friends who may look and act the same way. Usually, clique members don't like to let other people into their group which makes other kids consider them snobby or stuck-up. One important thing to remember is that those in the clique are probably trying really hard to fit in and keep up with being part of the group. They have to be cool and always do whatever the clique considers the right thing. Often, they have to dress and look alike, which can put a lot of pressure on them. If they can't keep up, they may get kicked out of the clique.*

*If you're not in a clique and you want to be, keep in mind that there's no reason to limit your friendships. In the long run, it's better to have a diverse group of friends from whom you can learn different things and with whom you can have different experiences.*

Ask three or four children to sit in the middle of the group and act like a clique talking about their favorite movie or TV show. As volunteers try to join the conversation, clique members should continue to exclude them. After about ten minutes, have the clique rejoin the main group. Then, have a discussion about how it felt to be in the clique and how it felt to be excluded.