



**Lean on Me (🌈 A Social Health Story)**  
**(3<sup>rd</sup> Grade – 8-9 yrs.)**  
**Would You Rather: Quality Versus Quantity**



**STORY CONNECTION – SLIDE 16 (Approx Time: 10-15 mins)**

Having a good support system is not a popularity contest and you do not need a lot of “likes” to have a good support system. Quality not quantity means that you feel truly supported by the people in your system, even if that means your support system is just a few people. It is better to have confidence, trust, and like the people in your support system than to have a huge group of people you are not sure you can trust or tell things too. The fact that you do not need a big support system is an important thing to remember. Our society sometimes places a lot of emphasis on having lots of friends or being popular. What is most important to your Social Health is liking yourself and being nice to yourself. When you like yourself, it makes it easier for others to like you too.

**Materials needed:**

- Space for student(s) to move
- Would You Rather questions (included below- optional)

**Preparation needed:**

- Determine and secure space for activity
- Determine if student(s) will hear the WYR questions listed below, or original questions based on your student(s)' needs/knowledge.

**Instructions:**

1. In this activity, student(s) will be given two options and must choose what they prefer. One option will focus more on quantity and the other option will focus more on quality. They will also explain their reasoning.
2. Begin by reviewing quantity and quality and have student(s) tell in their own words what the two words mean.
3. Next, explain that they are going to hear a Would You Rather scenario. Based on what they would rather do, they will move to one side of the room or the other.  
For example: If I hear, “Would you rather have three best friends or 25 friends/acquaintances?”, I would move to this side of the room (gesture in one direction), because that is for 3 best friends. I would rather have 3 great friends who are always there for me and I enjoy being around than 25 people who I “kind of know.”
4. The only “rules” are that there are no right or wrong answers and they must be able to provide at least one reason they chose the way they did.
5. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
6. Begin with the first statement and follow the procedure below for each question:

- a. Ask the question.
  - b. Student(s) move to one side or the other.
  - c. Choose one or two student(s) on each side to explain their reasoning.
  - d. Everyone comes back to the middle.
  - e. A new question is read.
7. In closing, remind student(s) that in some situations, it is better to have more of something. However, when it comes to their support system it is better to have a few quality people they can count on, trust, and confide in. Knowing they have people like that on their side is good for their social health.

## Would You Rather...

EXAMPLE ABOVE: Would you rather have three best friends or 25 friends/acquaintances?

Would you rather spend two hours at the park with your favorite relative or go on a week-long vacation with people who aggravate you?

Would you rather stand in line for three hours to get an autographed copy of your favorite author's new book that you have been waiting to read or walk right into the bookstore and pick out 10 books that you want?

Would you rather save your money until you have enough to buy a new and expensive bike or spend your money every time you get some on little things here and there?

Would you rather receive two sincere valentines or 30 that are signed with just a name?

Would you rather save all your school papers or just a few that you are proud of?

Would you rather have one friend who likes you for you are 50 friends who like you because you give them gum and candy?

Would you rather be the best player on a losing soccer team or the worst player on a winning soccer team?

Would you rather be able to run one mile super-fast or be able to do five miles without stopping?

Would you rather have the best sense of humor ever or have the biggest friend group ever?

Would you rather have a boring friend that cares a lot about you or a hilarious friend that does not care about you?