Activity 5
Tower Power!

**PART 1**
Learn Strategies
Kids learn 3 strategies that can help them work through challenges.

**PART 2**
Do the Challenge
Kids use the strategies as they build a tower using 10 random items.

### Quick Prep

**You Will Need:**
- An assortment of things kids can stack, like blocks, dice, books, paper cups, stuffed animals, or anything else kids can use to build a tower, at least 10 per kid
- “Challenge Song” poster

**You Help Kids:**
Use a strategy to work through a challenging task

**Adaptations:**
- If you don’t have enough materials for all kids to build at the same time, consider having half the kids do another activity. Then have kids switch.
- Some first graders may be repeating the program. Have those kids try the activity using more items, or in a shorter span of time.
Gather kids and sing the “Challenge Song” with them.

Last time, we talked about challenging things we’ve learned. Give examples of things kids said, like riding a bike and dribbling a ball. Your brain is like a muscle, and the more you practice, the stronger it gets.

Show illustration. Point to the top picture. In the “Challenge Song,” we learned about practicing by doing something again and again. Emma is mixing paint and practicing making the color purple. What’s something you practice? (Catching a baseball. Jumping rope. Crossing the monkey bars.)

Point to the middle picture. And when you’re learning something hard you can always ask for help! Who helps you learn new things? (My teacher. My grandpa. My sister.)

Point to the bottom picture. We can also tell ourselves we can do it, just like we do when we feel distracted. What are some things you tell yourself? Shout out an idea. (You’re a superstar! You got this!)

Tell kids the purpose. Today we’re going to do something challenging. And while we do it, we’ll tell ourselves we can do it, practice, and ask for help when we need it!
Part 2

Gather kids in a circle. Show illustration. You’ll have 5 minutes to build the tallest tower you can with 10 items. Model stacking a tower with 10 items, then let it fall. If your tower falls, that’s okay. Try again! Remember to practice, tell yourself you can do it, and ask for help if you need it.

Hand each kid 10 items. Give kids 5 minutes to build, and tell them when there’s 1 minute left. Walk around the space supporting kids in practicing, asking for help, and using self-talk.

**Tip:** If kids ask for help, it’s important that you don’t do the task for them. Instead, help them in small ways like steadying the base as they place the next item on top or saying something to encourage them.

If time allows, repeat the challenge. Give kids different items.

Use the attention signal, then have kids clean up. Help by telling them where materials go.

Gather kids. If you practiced, clap your hands twice. If you asked for help, give a thumbs-up. If you told yourself you could do it, wiggle your fingers.

As you do challenging things this week, remember to keep practicing, asking for help, and telling yourself you can do it! When you keep trying, you can get better and better, just like we sing in the “Challenge Song!”

**Tip:** A short version of this activity will be repeated in Activity 12. Save the materials to use them again.

Do the Challenge

Tower Power!

Call out positive behaviors and remark on kids’ efforts, not the outcomes. I can tell you’re practicing and telling yourself, “Don’t give up!”