

## **THE PRETZEL ACTIVITY**

### **The Activity:**

Place a pretzel on each student's desk before they come into the room. As they notice the pretzel, tell them they can eat the pretzel now or later--it is their choice, but it will be much better for them to wait awhile. (Don't belabor the point.)

Give the class a reading assignment, and leave the room for 2-3 minutes. (Just step outside and listen.) When you come back into the room, walk through the class and add another pretzel to those who have NOT been eaten. Tell the students this is their reward for waiting. Remind them it will be better for them not to eat it yet, but the choice is theirs.

Let the assignment go on for a few more minutes and walk through the class again and give another pretzel to those who still have NOT eaten their pretzels.

### **Activity Summary:**

Tell the class the topic for today is teen relationships and physical intimacy. Ask the students what do these pretzels have to do with physical intimacy? The activity has to do with choosing how to act while dating, realizing love, experiencing infatuation, choosing how you will show affection, and choosing abstinence or sexual involvement.

Explain that choosing to eat the pretzel immediately or wait and reap the rewards is like choosing to abstain or to become sexually active as a teen. Continue the analogy by explaining that sexual activity as a teenager may bring a small reward immediately, but by waiting there is much more to look forward to. Waiting gives you more time to be prepared for a loving experience with increased education, opportunities, etc.

Being patient, not rushing into things, following the rules, listening to the advice of parents and teachers might give students opportunities for higher levels of achievement and/or gain more out of life. Waiting for physical intimacy has rewards, such as not getting tied down too early and allowing your experiences to grow. If you have more to offer in terms of experience and education, you may be considered more of a "catch". If you jump at the first romantic opportunity that comes along, you may get a small, immediate reward, but you could miss bigger opportunities.