

ACTIVITY GUIDE

In today's activity we are going to act a little like the serpent (or the sneaky sneaky snake) and give the children a choice/temptation. The Marshmallow challenge is a real empirical study with some pretty silly videos; you can look them up if you want to enjoy a good laugh and want an idea of what the challenge looks like. Here are the steps! We would love it if you record a video and post it to our Kids Rock Parent Facebook page.

Make sure your video is going before you sit the kiddo(s) down
Sit your child(s) down and give them each a marshmallow or a treat you have at home! (cookie, candy, ice cream ect.)

Say "Okay, you have to stay seated and I just gave you one treat. I have to go do something, but when I come back if you have not eaten it I will give you another! So you will have two treats if you wait to eat the first one until I come back. Okay?"

Leave for roughly 5-10 MAYBE even 15 minutes (the older the child the longer you can wait) make sure there are no distractions (no TV on in the background, no tablet to play with and no music going).

After the allotted time has passed, come back and do an evaluation. Did your child pass the test? If so, make sure to give them their treat, and a second one too!