

## Tired Parent Role Play

**Leader Instructions:** Ask for two volunteers. One will play the role of a tired parent. (That shouldn't be too hard to role-play.) The second is an untired child. (Some parents have some experience with that too.) Give a newspaper to the parent and have him/her go sit in a chair. Give some Legos in a plastic bag or a few blocks to the child and have her sit on the other side of the stage or on the floor. Also hand them each the following instruction strips and watch what happens. At some point you, as the leader, will want to cut it off by saying: "Let's give a hand to our actors. How many of you can identify with this little scenario."

### Tired Parent

You're tired. You'd like to read the paper, but you know that your child needs to go to bed so make some initial attempts to tell her to go to bed and get more and more involved to the place where she knows you mean business.

### Untired Child

You aren't tired and don't want to go to bed. Try to think of a lot of excuses or diversions to not have to go to bed.