

PB&J Challenge

Participants teach someone how to make a peanut butter and jelly sandwich with detailed written instructions.

TIME
20-30 minutes

MATERIALS
Paper, writing utensils, PB&J ingredients (optional)

TEAM STAGE
Storming, Norming, Performing

Learning & Development Outcomes

This activity is a great way for participants to practice detailed communication and using exact words. Participants are challenged to utilize written communication to instruct others to complete a task.

Outcomes are focused on developing *21st Century Skills* and the *National Association of Colleges and Employers (NACE) Career Competencies*, including, but not limited to:

- Articulating thoughts and ideas effectively using oral, written and nonverbal communication skills in a variety of forms and contexts.
- Using various types of reasoning (inductive, deductive, etc.) as appropriate to the situation.
- Leveraging social and cultural differences to create new ideas and increase both innovation and quality of work.
- Using various types of reasoning (inductive, deductive, etc.) as appropriate to the situation



Preparation & Logistics

Set up:

- If you choose to have your group actually make PB&J sandwiches, you will need to set up these supplies.

Safety:

- Be aware of any food allergies among your participants before deciding to include the ingredients.

Additional Considerations:

- Set aside additional time for a debrief!
- [Click here to watch it live!](#)

Instructions

Summary

You may know how to make a PB&J sandwich, but would you be able to describe how to make one to someone who doesn't know where to begin? Tap into your detail oriented side to teach someone this skill.

This activity is appropriate for all ages!

Step 1: Share the Rules

- Provide participants with a piece of paper and writing utensils.
- Tell participants that they will need to write a detailed list of instructions on how to make a peanut butter and jelly sandwich.
- The first round, the facilitator should not give any further instruction.

Step 2: Begin the Activity

- Allow time for the participants to write their directions.
- Optional: After the participants have their written instructions, put them to the test! Ask for volunteers from the group to follow the instructions exactly how they are written. This means silly things like if they aren't told to use a knife to spread the peanut butter, then don't use a knife.
- Ask for a participant to read their instructions while a volunteer follows their instructions. This can get messy and silly!
- Lead a short discussion about what is happening.
- In the second round, encourage participants to be as detailed as possible so that there aren't any mistakes. Inform participants that they should think about all of the tiniest of details when doing this.

Step 3: Administering the Rules

- Be sure to walk around the room and ask the participants questions to help them get more detailed.

How to end the activity

- The activity continues until a designated time has run out or all participants feel they have finished writing their instructions.
- Allow time for the participants to share their new instructions.

What if a participant misses a step while I am making the sandwich?



"Make sure to completely follow their instructions, even down to the tiniest details. For example, if they tell you to get two pieces of bread, you can pretend to get stuck because they didn't instruct you how to open the twist tie on the bread package"



Debrief Questions



These questions are a starting point to guide your debrief. Pick the ones that best match your group's experience and add or change questions as needed!

What

- How was your process different in creating your instructions between the first and the second round?
- Which set of instructions are you more satisfied with? Why?

So What

- When is it important to have detailed and accurate instructions?
- What happens if we aren't detailed, clear, or accurate in our instructions?

Now What

- What steps can we take to be more detailed in our project and event planning?
- In what other areas in your life will this help you?

Adjustments for...

Large Group (25+)

- Consider having multiple groups of participants with various "how to" instructions such as; how to brush your teeth, how to tie your shoes, how to get out of the room you are in, etc.

Group has prior experience

- Consider something that is more complex to explain such as how to pack a backpack/ lunchbox or how to play kickball. .



Each adjustment is its own unique idea for how to facilitate this activity for different groups and situations! Choose any or all that work!

K-2 3-4 5-6 7-8 9-12 ASB