



## UP, DOWN AND ALL AROUND

### RECOMMENDED AGE

#### GROUP:

- 5-7  
 8-10  
 11-12

#### ACTIVITY THEME:

Importance of following rules

### DURATION:

Prep Time: **10** minutes  
 Activity Time: **20** minutes

#### ACTIVITY PURPOSE:

Review safety messaging and rules taught in previous activities. Help clarify any questions or misunderstandings the participants have about safety

### ACTIVITY GOALS:

- Learning each other's names  
 Team building and cooperation  
 Building trust  
 Learning a new skill  
 Embracing differences and accepting diversity  
 Other: Importance of following rules and listening

### EQUIPMENT:

- List of safety messages pertinent to your program.

## RESOURCES

### ACTIVITY AREA:

This activity is suited for a multi-purpose room, gymnasium or outdoor space.

### SAFETY:

Following the rules helps to keep everyone safe.

## ACTIVITY DESCRIPTION & INSTRUCTION

### PREPARATION:

- ▶ Develop a list of safety statements or physical activity scenarios that are relevant to your program.

### ACTIVITY DESCRIPTION:

- ▶ Have the participants stand in 3 rows facing the Program Leader.
- ▶ Read one of your safety statements.
- ▶ Each person is to indicate whether they agree or disagree with the statement by:
  - Clapping and cheering loudly if they Strongly Agree
  - Raising their arms up if they Agree
  - Stomp their feet if they Disagree
  - Turn in a circle if they have no opinion.



**DISCUSSION POINTS: REVIEW THE SAFETY MESSAGES**

- ▶ Were the participants correct when they gave their 'agree' or 'disagree' answers.
- ▶ Discuss each message and response with them. Ask the participants how they might change the game.
- ▶ What other 'message themes' could be used?
- ▶ Why do activities always work better when everyone cooperates and follows the rules?
- ▶ Why is it important to listen carefully and follow the instructions?
- ▶ Why is it important to think before we act or react?

**GUIDED DIRECTION**

- ▶ Ensure that all participants have an opportunity to contribute their ideas.

**TAKE HOME MESSAGES**

We are learning about the importance of following rules. Please review our program content with your children and review the rules with them:

- ▶ Teaching and following rules keeps everyone safe and makes the game fun for everyone.
- ▶ Discuss the importance of being a good listener and how it contributes to being a good teammate and creating a safe environment.
- ▶ Discuss the importance of thinking before we act or react!

**ACCOMMODATIONS  
& CONSIDERATIONS:**

*INVITE YOUR PARTICIPANT  
WITH AN INTELLECTUAL  
DISABILITY TO DEMONSTRATE  
CHEERING, CLAPPING, AND  
THUMBS UP/DOWN*