



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*