

CIRCLE OF POWER



Activate Courage

Time: 15 minutes

Supplies: None

CIRCLE OF POWER

Ever notice how when someone is embarrassed, they may slouch down and hide their face in their hands? Or when someone is proud, they may stand tall and puff out their chest? How we are feeling inside is often expressed by how we move and posture our bodies. This activity will explore how we can change how we feel on the inside simply by striking a pose on the outside!

IN ACTION:

- Invite students to stand (or sit) in a circle and think of a time when they felt really powerful. Then invite them to think of a movement and/or pose (i.e., standing like a superhero, Tree Pose, or raising their hands victoriously) that best captures that feeling.
- Once everyone has chosen their "Power Pose" ask students to rearrange the circle according to the level of challenge they want. Imagine the circle as a "Dial of Difficulty." Students who want less challenge can stand closer to your right side, while those who want more challenge can stand closer to your left side.
- To begin, step into the middle of the circle, demonstrate your "Power Pose" and then return to your original spot. The person to your immediate right then enters the circle, repeats your movement, then performs their movement. Then, the person to the immediate right must remember and perform the previous person's pose before performing their own original pose. As the game progresses, each new student who enters the circle will have more movements to remember.
- If a student forgets a movement, no problem! They can ask the group.
- Finish the activity by having everyone do the full "Power Pose" sequence together.



NO PLACE LIKE ROAM



Activate Gratitude

Time: 10-20 minutes

Supplies: None

NO PLACE LIKE ROAM

We live in a big and beautiful world with so much to experience! This fun movement activity is about showing appreciation for the places that help create gratitude within ourselves!

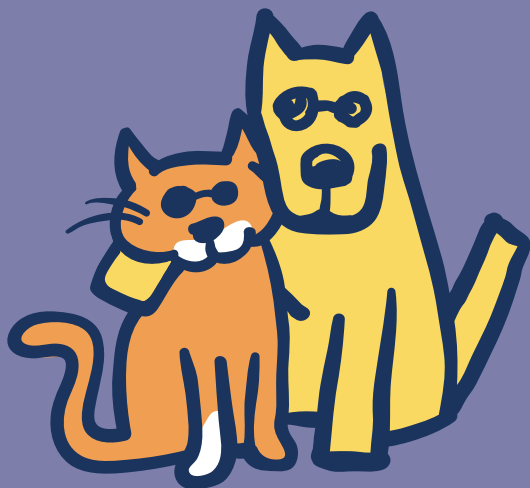
IN ACTION:

- Invite students to sit or stand in a circle and think of a place that they are grateful for (e.g., their grandmother's house, amusement parks, playgrounds, The Grand Canyon, etc.).
- Explain that we are going to ride our bicycles or run to these places without ever leaving the circle.
- Once children have had enough time to quietly think about their places of gratitude, ask for a volunteer to share their location with the group.
- After they share, ask them how they'd like to get there. By bike or by foot?
- If they choose to run, children will stand and run in place while chanting "running, running, running, and stop!" If they want to bike, the children will lie on their backs, bring their knees to their chests, point their feet in the air (on the pedals), reach their arms out to grab their handlebars and chant, "peddling, peddling, peddling, and stop!"
- Once the children "reach their destination," invite them to imagine the place they are exploring.
- Now it's time for the next volunteer! Take as many journeys as you'd like or until you run out of time.



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HELPER STORIES



Activate Compassion

Time: 15–30 minutes

Supplies: Drawing paper & oil pastel crayons
(or markers, crayons, pencils, etc.)

HELPER STORIES

Being treated compassionately, treating others compassionately, and even watching someone treat someone else compassionately can enhance our social and emotional wellbeing. In this activity, children will reflect on a personal helping experience, create a portrait of that experience, and then have the opportunity to share it with a classmate.

IN ACTION:

- Ask the children to think about (1) a time when they helped someone, (2) a time when they were helped by someone else, and (3) a time when they saw somebody help another person.
- Give them a piece of drawing paper and some crayons (or whatever else you have for drawing and coloring) to create a "silent story" of that experience.
- They can draw a picture of the experience, use abstract shapes and colors that capture the feeling of the experience, or even use words to describe it. Anything goes. This is not an art lesson. The goal is not to draw a "beautiful picture." The goal is to use the materials in any way they choose to communicate their story.
- Set a time limit.
- Once each child has finished their story, pair each student with a classmate to share their story.
- After all the children have had the opportunity to share in pairs, ask for volunteers to share with the whole class.

