



Rock, Paper, Scissors Showdown

Description

Description

Groups participate in a Rock, Paper, Scissors tournament to help students critically think through choices and manage impulses.

Supplies

- Hula hoops
- Buckets or bowls
- Tokens

How to Play

1. **Prep work:** Place one hula hoop in the center of the space. Then, based on the number of teams you will have, create that number of "branches" branching off from the center hula hoop using the remaining hula hoops. Ensure that each branch has an equal amount of hula hoops, preferably at least 4 per branch. At the end of each branch, place a bucket filled with 10 coins or tokens. An example hula hoop layout is in the Downloads and Links section below.
2. Split students into teams of 4-5 students and have each team line up behind a bucket. Explain that the hula hoops are their game board. Each team can only have one student at a time on the game board. Students on the game board must hop with two feet inside each hula hoop. The goal is to try to get to the other teams' buckets and retrieve a token.
3. Explain that throughout the game, students on the game board will run into students on other teams. When that happens students must compete in Rock, Paper, Scissors.
4. Show the hand movements that represent the rock, paper, and scissors. A closed fist represents the rock, a hand like a peace sign with the thumb crossing over the folded ring and pinky finger leaving out the pointer and middle fingers represents scissors, and a hand flat with all fingers straight out and together represents paper.

5. Explain the following rules of Rock, Paper, Scissors to the group:
 - Paper beats rock by covering it
 - Rock beats scissors by breaking it
 - Scissors beats paper by cutting it
6. The winner of Rock, Paper, Scissors continues to hop towards the other team's bucket while the student who was defeated steps out of the hula hoop and off the game board. As soon as that student hops off the game board, another student from that team can start hopping from their team's starting hula hoop.
7. Once a student makes it to another team's bucket they can retrieve one token, jump off the board, and run the token back to their team. As soon as they are off the board, another teammate can hop on the board and begin.
8. After time is up, the team with the most tokens is the winning team!

Activity Prompts for Reflection

- How did it make you feel when you had to leave the game board?
- What are some appropriate/responsible ways to react when a game doesn't go in your favor?
- What is your initial reaction when you get your way during a game or competition?
- What is an appropriate reaction when you win a game?

Other Ways to Play

- Have different ways for students to move around the hula hoops. Example movements: leapfrog, skip, jump on one foot.
- Make the teams smaller to allow students more turns and to make it more active for each student.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Downloads and Links

[SEL Activity - Rock, Paper, Scissors Showdown Example Layout](#)

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 15-20 minutes