



Spoons

Description

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Students practice controlling themselves during an interactive card game.

Supplies

- Deck of cards
- Enough spoons for every student to have one

How to Play

1. Have students sit in a circle.
2. Put one less spoon than the number of players in the middle of the circle. Spread out the spoons evenly around the center of the circle.
3. Give each student 4 cards and put the rest in a stack beside the leader.
4. Let students know that the goal of this game is to get four of a kind.
5. Explain that when a student gets four of a kind they must grab a spoon from the middle. As soon as any players realize there is a spoon missing, they must hurry to grab a spoon as well.
6. The player who does not get a spoon in time, receives a letter of S-P-O-O-N.
7. This can continue multiple rounds and the winner is the student who has the least letters of S-P-O-O-N at the end.
8. Start with the leader pulling one card from the deck and deciding if they want to keep it and discard a different card or if they want to pass that card.
9. Explain that students will want to keep cards that they have a match to and pass cards that aren't similar to any of their other cards. Let them know that they can only ever have four cards in their hand at a time.
10. The cards continue to be passed around the circle, with each player adding and discarding cards as they see fit, until a student has four of a kind and all spoons are taken from the middle.

Activity Prompts for Reflection

- What helped you to stay focused during this activity?
- When was it difficult for you to control yourself during this activity?
- What emotion did you feel when you were the first one to get four of a kind?
- Was there anyone who helped you to stay in control during this activity?

Other Ways to Play

- Make this game simpler by having students work to find a pair of cards instead of four of a kind.
- Put the spoons in a location away from the group. When it's time to get the spoons students must run to retrieve a spoon. This will help to make the game more active.

Additional Notes

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

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 15-20 minutes

Themes

1. General