



Tacos or Bridges

Description

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Teach students to control themselves during a game that is full of surprises.

Supplies

- Music

How to Play

1. Explain the two moves they will need to know for this activity:
 - Tacos: two students hold hands to be the taco shell and the third student stands between them to act as the filling.
 - Bridges: two students make an arch for the bridge and a third student crouches beneath them as the water.
2. Let them know that you will play music and all students should be up moving and dancing. When the music stops, you will yell out either tacos or bridges, and the students must scramble to either make a taco or bridge formation based upon what you announced.
3. Students who make the wrong formation, don't have a group of three, or are the last group to make the formation must go to the side to dance and cheer on the other students.
4. The last remaining group of three wins!
5. This game can be played multiple times based on how much time you have.

Activity Prompts for Reflection

- How difficult was it for you to control yourself when you were not able to make a taco or bridge fast enough?
- What emotion did you feel when you messed up?
- What was one surprise that happened during this activity? What was your reaction?

Other Ways to Play

- Have students practice the two moves several times before starting the music and the activity.
- Add in other movements with different amounts of students to make it more challenging.

Examples:

- Shipmate involves two students, one gets down on all fours with their back flat and the other student puts one foot/knee on their back and pretends to have binoculars looking out at sea
- French fries involves four students, three students stand straight and tall close together with their arms by their sides while the fourth student wraps their arms around the three like a french fry container
- Silverware involves three students, one student stands straight and tall like a knife, one student holds their arms bent at the elbow towards the sky like a fork, and the third student makes a circle with their arms above their head like a spoon

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. 10-15 minutes

Themes

1. Acting and Music