



## Keep Your Stars

### Description

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Help students work together to keep their stars during this active game.

## Supplies

- Yellow or silver balloons with helium
- Black sheets/black poster boards/black butcher paper
- Music

## How to Play

1. Divide students into several groups. Groups can depend on your available space, student dynamics, and available supplies.
2. Groups stand in a circle with their black sheet/poster/butcher paper.
3. Explain to the students that the black sheet/poster/butcher paper is their milky way and that at all times during today's activity, each team member must have a hand on the milky way.
4. Tell them that a milky way also consists of stars, and show them the inflated balloons (stars).
5. Tell the students that they must use their milky way to keep the stars (balloons) from flying off into space. When the music starts, groups stand and move with their milky way. When the music stops, teams must freeze and sit down with their milky way.
6. Give each team 3 balloons to put under their milky way.
7. Show the students the space they will be moving to. This will depend on the space you have but some examples are, around the outside of the room, trying to get from point A to point B, etc.
8. Start the music and have teams start moving around, trying to keep their stars safe.
9. After several rounds of the music, count each group's stars to see who was able to keep their milky way the safest.

## Activity Prompts for Reflection

- Can someone give a team member positive feedback about this activity?
- What were some ways you needed to show trust during this activity?
- How were you able to work together during this activity?
- How did your group listen to one another and make sure everyone was heard?

## Other Ways to Play

- If you don't have helium, or want to make this easier, have groups use non-helium inflated balloons and try to get them to stay on top of their poster/sheet/butcher paper as they move around to the music.
- If you want to make this more challenging, set up an obstacle course where teams must travel through their milky way. Example obstacles could be: spinning around 3 times, jumping over the cones, using only two fingers to hold the milky way from this point to that point, etc.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- Have a space-themed day or week with the additional space-themed activities linked below:
  - [Galactic Memory](#)
  - [Planet Poem](#)
  - [My Planet](#)
  - [Soaring Rockets](#)
  - [Constellation Construction](#)
  - [Black Hole](#)

### Category

1. Activities
2. Relationship Skills

### Sel-competency

1. Relationship Skills

### Allotted-time

1. 30 minutes

### Themes

1. STEM