



Head To Head

Description

Supplies

- Paper or plastic cups

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Students compete in this fast paced activity that requires responsible decision-making.

How To Play

1. Put students in two equal lines facing each other a few feet apart. Have students point to the student across from them in line and that will be their partner for the first round. Put a cup face down on the ground equal distance between each pair.
2. The goal of the game is to be the first student to grab the cup.
3. When a body part is called out, students must move both hands to that spot, but when cup is called, they must try to grab the cup.
4. Any students who aren't first to grab the cup move to continue playing with each other in another part of the room. The students with cups re-form two lines and continue playing head to head.
5. If students reach for the cup when it is not called, they automatically move to the other part of the room.
6. Start slowly calling out body parts, increasing the pace as you get further in the rounds.
7. Example body parts to call: head, shoulder, knees, eyes, ears, elbows, nose, etc.
8. Continue this until time is up or there is one winner!

Activity Prompts for Reflection

- What's a choice you made during this activity that you are proud of?
- What's a mistake you made during this activity?
- How would you play differently if we did this activity again?
- Did anyone see anyone else make a good choice? Please share.

Other Ways to Play

- Put tape or jump ropes down to help students remain equal distance apart from the cup and to ensure the game is fair.
- Have students work to spell head, earning a letter each time they are first to the cup.
- Have students get a new partner to compete with by having one of the lines rotate down one.

Additional Notes

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

Category

1. Responsible Decision-Making

Sel-competency

1. Responsible Decision-Making

Allotted-time

1. 20 minutes

Themes

1. General