



Rockinâ?? Rock Paper Scissors

Description

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A Rock, Paper, Scissors tournament that helps students reflect on their impulses.

Supplies

- No supplies needed

How to Play

1. Show your group the different hand movements that represent 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 like scissors, and the hand flat with all fingers straight out and together to represent paper.
2. Explain the following rules of Rock, Paper, Scissors to the group:
 - Rock beats scissors by breaking it
 - Scissors beats paper by cutting it
 - Paper beats rock by covering it
3. Tell students they will compete against each other in this competition. Have students pair up and face each other.
4. Pairs say together, â??rock, paper, scissors, goâ??. On â??goâ??. they must bring their hand out in front and reveal either a rock, paper, or scissors.
5. Whichever student gets defeated must join the student that beat them and stand behind them to be their supporter. The supporters should clap and use positive words to encourage their leader. The more times a student wins the longer their supporter line will be. Once there is only one student left to compete they are the winner!

6. Multiple rounds can be played if time permits.

Activity Prompts for Reflection

- How did it make you feel when you lost?
- What is your initial reaction when things don't go your way or you lose a game?
- What are some appropriate/responsible ways to react when you lose a game?
- What is your initial reaction when you get your way or you win a game?

Other Ways to Play

- Give each student a bracelet/sticker to wear at the start of the activity. When a student loses to another they must pass their bracelet/sticker to the student who beat them. In the end, the winner will have the most bracelets/stickers and can wear them proudly for the rest of the day.
- Create a bracket with your students' names and have them compete bracket style in the Rock, Paper, Scissors tournament.
- If playing with a large group it is helpful to have the students who are still in the competition raise their hands so that competitors are easy to identify.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If playing with a large group it is helpful to have the students who are still in the competition raise their hand so that competitors are easy to identify.

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 20 minutes

Themes

1. No Supplies Needed