



## Manage My Mummy

### Description

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The group wraps someone in toilet paper to make a mummy as they think of appropriate reactions.

## Supplies

- Two rolls of toilet paper

## How to Play

1. Let the students know today we are wrapping someone up into a mummy!
2. Allow students to wrap you (the leader) up or choose a student to be the mummy.
3. Explain to the group that there will be a scenario read aloud for each round. Students then brainstorm what they should do in that scenario. Once they think of a good choice they must raise their hand.
4. The first student to raise their hand and say an appropriate reaction to the scenario gets to wrap the chosen person with toilet paper.
5. As the student wraps, the rest of the group chants, "I can control what I think, I can control what I do, I can control what I say" • two times. At the end of the chant, the student must put down the toilet paper.
6. Read another scenario. This continues until time is up or all the toilet paper is used.
7. Example scenarios:
  - Someone cuts in front of you in line. Your first impulse is to push them, but instead you?
  - Someone steps on your bookbag. Your first impulse is to scream at them, but instead you?
  - You get sent to the back of the line because you were pushing people, your first impulse is to talk back to your leader, but instead you?

- Someone calls you a mean name. Your first impulse is to call them a name back, but instead youâ€™!
- You get sent out of class for talking and disrupting class. Your first impulse is to blame your teacher, but instead youâ€™!
- Your friend is talking to you while your teacher is talking. Your first impulse is to talk back to them, but instead youâ€™!
- You get detention because you got in trouble in class. Your first impulse is to pout because no one else got in trouble, but instead youâ€™!
- You drop your snack in the dirt and canâ€™t eat it. Your first impulse is to start crying, but instead youâ€™!

## Activity Prompts for Reflection

- Can anyone share another time when it has been hard to control yourself and make a good choice?
- If youâ€™re thinking about making a choice that may have negative consequences, what are some things you can tell yourself to help you remember to control yourself?
- What are some ways you reacted positively during this game?
- What are some ways you reacted negatively during this game?

## Other Ways to Play

- Give each student a turn to answer a scenario question and then wrap the mummy.
- Instead of having them wrap you up, have them get in pairs and wrap their partner. Do two rounds where one partner does all the answering of questions and wrapping for 4-5 scenarios and then switch.
- Have students come up with scenarios before playing the game and then mix them with some of your own.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If you have a large group, you can split them into smaller groups. Each group needs toilet paper and you can challenge them to see which group is able to use the most toilet paper.
- Leaders should kneel down to ensure that students can reach them when wrapping them with toilet paper.
- Think back to scenarios that youâ€™ve seen the group or individual students in before and use these as example scenarios during this activity.

## Category

1. Activities
2. Self-Management

## **Sel-competency**

1. Self-Management

## **Allotted-time**

1. 15-20 minutes

## **Themes**

1. General