Huddle Up

Description

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Help your group learn the difference between a right and wrong choice through an interactive game.

Supplies

- No supplies needed

How to Play

1. Divide the group into smaller teams. There should be at least four people on each team.
2. Have each team stand and get in a huddle with their arms around each otherâ??s shoulders.
3. Explain that a situation will be read aloud and as a team, they have 10 seconds to decide if this situation is a YES Mess or not.
4. After the 10 seconds are up, each team either gives a thumbs up, showing they think it is, or a thumbs down, showing they do not think it is a YES Mess.
5. Once all groups show their answers, you will instruct them on a specific movement for the huddle.
6. Explain that teams who give correct answers will get an easier way to move, while teams who give incorrect answers are given a harder way to move.
7. Read aloud a situation from the list on the next page, give teams 10 seconds to decide, and reveal the correct answer. Then instruct them on the assigned movements.
8. **Example Situations and Huddle Movements**:
    - Staying up late
        - correct answer: take 3 steps back
        - incorrect answer: hop with one leg three times backward
    - Telling a lie
        - correct answer: take 3 steps to the right

        - incorrect answer: slowly make 2 full spins
    - Sharing an idea
        - correct answer: take 4 steps to the left
        - incorrect answer: take 2 hops forward with both legs
    - Teasing someone
        - correct answer: take 4 steps forward
        - incorrect answer: move to the right in slow motion
    - Raising your hand
        - correct answer: take one giant step forward
        - incorrect answer: move to the left in slow motion

Activity Prompts for Reflection

- Share a YES Mess you experienced during this activity.
- Name some other choices you and your team could have made during this activity.
- Can anyone explain why some of these situations were YES Messes?
- Can anyone share an example of how they avoided a YES Mess recently?

Other Ways to Play

- Have students link elbows and move in a group with linked elbows.
- Pair students together and tie one of each of their legs together. They will compete in this challenge like a 3 legged race.
- Add situations that youâ??ve seen your students in before to help them apply YES MESS to their own lives.

Additional Notes

- Use the SEL Activity Prompts to tie other SEL competencies to this activity.

Category

1. Activities
2. Responsible Decision-Making

Sel-competency

1. Responsible Decision-Making

Allotted-time

1. 15 minutes

Themes

1. General
2. No Supplies Needed

Support your students with the essential life skills they needâ??anytime, anywhere.