

Everybody's It

Grade Level: 4-6

Skills: The skills involved are dodging, evading, and spatial awareness.

Objective: **Standard 6.MEH.1:** Explore common life changes (for example, moving, changing schools, friendships, family dynamics, deaths) and list healthy coping strategies.

Equipment: None

Organization: Students should be scattered out to begin

Activity: As the name implies, make everyone "it". When the music starts, children collect a point each time they tag someone. Make the tag lightly on the shoulder. If a student gets tagged, they are not eliminated, nor does it matter how many times they might be tagged.

Closure: How were you able to avoid tags from others? What strategies did you utilize? Was it hard to tag others? Was it hard to avoid tags?

Health: Was it hard to tag others? Why? Was it hard to avoid being tagged while trying to tag others? What strategies did you use to tag more and be tagged less? How did your strategies change as you continued playing the game?

Can life be hard sometimes? How so? Can life be hard in different ways for different people? What are some things you've experienced in your life that have been hard? What strategies did you use to get through these times? Have you had to change these strategies as you've gotten older or with different circumstances?

Write a 3-4 paragraph essay on the following topic. Imagine that everything in life was easy. What would change in our lives? If everything were easy and we had no tough life experiences, how would your lives change?

What are some coping skills/strategies that we can develop to help when our lives change? (Participate in physical activities we enjoy, make time for hobbies, spend time with friends/family, yoga, art, etc.)

Piloted at: Tolman