

# Hopscotch

## How to play

- Draw a hopscotch template with ten boxes.
- In each square write one of the ten wellbeing messages.
- Throw the wellbeing ball in the air. Whichever message faces upwards when the ball lands is the message you must move to.
- When you get to the message give an explanation of what that message means to you, or an example of when you have done or seen that message take place.
- If you can give an explanation or example you win that square.
- Play the game until all squares are taken and the player with the most squares wins.
- If you cannot give an explanation or example, the other player can try to give one and win that square.
- If somebody has already taken that square, you can still give an explanation or example.



Foundation

## Wellbeing messages

Be calm

Be present

Speak out

Have fun

Be open

Stay curious

Be friendly

Be active

Be kind

Be generous



## Things to think about

It doesn't matter who wins, it's about exploring your knowledge and understanding.

## Adaptations

Have fun and try to explore as many different explanations and examples as possible.

## Don't have the equipment? Here's what you can do...

- You can use any item you have to hand. Throw the item onto the hopscotch template and move to whichever message it lands on and give your explanation or example.
- Why not mark out your hopscotch template using crayon, stones or tape?

## You have a different amount of players? Here's what you can do...

Don't worry, you can play this game with as many or as few players as you have.

## Can't find the right space? Here's what you can do...

If you are inside you could make everything smaller and draw a hopscotch template on paper. Use a small item(s) to replicate each player like a board game.

