

SANFORD
HARMONY[™]

UPPER GRADE

SKU# QCC-UG-4554

QUICK CONNECTION CARDS CONTAIN IDEAS FOR BRIEF DISCUSSIONS AND ACTIVITIES THAT PROVIDE PEERS WITH OPPORTUNITIES TO SHARE, THINK, COLLABORATE, AND HAVE FUN TOGETHER

Quick Conversation Cards

Discussion questions that allow students to get to know one another

Quick Collaboration Cards

Ideas for fun activities that promote joint problem solving and cooperation

Quick Community Builders

Enjoyable activities designed to bring students in the classroom together to work and play as a team

For more great resources to help build harmony in your classroom, visit

sanfordharmony.org



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CONVERSATIONS

“People are just as happy as they make up their minds to be.”

– Abraham Lincoln

What is something that you think about or do that makes you happy, even when you're feeling down?

UPPER GRADE



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CONVERSATIONS

“To have a friend and be a friend
is what makes life worthwhile.”

– Unknown

**Do you think friends are important?
Why or why not?**

UPPER GRADE



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CONVERSATIONS

If you were talking to someone younger than you, what would you tell him or her about being in this grade?

UPPER GRADE



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CONVERSATIONS

What do you like best about
being at school?

UPPER GRADE



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CONVERSATIONS

If you could change any rule in our classroom or make a new rule, what would it be?

What do you think would happen?

UPPER GRADE



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CONVERSATIONS

"For in every adult there dwells
the child that was, and in every
child there lies the adult that will be."

– John Connolly

**Would you rather be a kid
or an adult?**

Why?

UPPER GRADE



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CONVERSATIONS

“Everyone has a gift for something, even if it is the gift of being a good friend.”

– Marian Anderson

What is a gift you could give or receive that you can't buy in a store?

UPPER GRADE



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CONVERSATIONS

If you could meet any famous person and ask him or her a question, who would it be and what would you ask?

UPPER GRADE



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CONVERSATIONS

“The greatest gift that you can give to others is the gift of unconditional love and acceptance.”

– Brian Tracy

What does “unconditional love and acceptance” mean to you?

UPPER GRADE



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CONVERSATIONS

Have you had any habits
you have tried to break?

UPPER GRADE



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CONVERSATIONS

What time of day do you
like to have a snack?
What is your favorite snack?

UPPER GRADE



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CONVERSATIONS

“One cannot think well, love well,
sleep well, if one has not dined well.”

– Virginia Woolf

What is your favorite meal?

**Who makes it, and who
eats it with you?**

UPPER GRADE



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CONVERSATIONS

"It is the things in common that make relationships enjoyable, but it is the little differences that make them interesting."

– Todd Ruthman

What is something you and your current buddy have in common?

What is something that makes you different?

UPPER GRADE



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CONVERSATIONS

Would you rather go back in
time or into the future to
meet someone?

Who would you like to meet?

UPPER GRADE



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CONVERSATIONS

What belongings do you have now that you hope to still have when you are an adult?

UPPER GRADE



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CONVERSATIONS

If you were spending the day with a child your age that spoke a different language, what would you want to do together?

Do you think you could do this successfully?

UPPER GRADE



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CONVERSATIONS

If someone close to you owned a store and you could have whatever you wanted, whenever you wanted from the store, what would you want it to be?

UPPER GRADE



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CONVERSATIONS

What are you looking forward
to about next summer?

UPPER GRADE



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CONVERSATIONS

If you could have a superpower,
what would it be?

UPPER GRADE



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CONVERSATIONS

What job would you like to have when you grow up?

What do you learn in school that might help you someday in your future job?

UPPER GRADE



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CONVERSATIONS

Would you like to go on
a vacation or an adventure?

Where would you go, and
who would you go with?

UPPER GRADE



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CONVERSATIONS

What is your favorite thing to do?

UPPER GRADE



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CONVERSATIONS

If you were spending a week in a secluded cabin with no electricity or internet, what five things would you bring?

UPPER GRADE



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CONVERSATIONS

What is the first thing you do when you get home from school?

UPPER GRADE



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CONVERSATIONS

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

– Thomas Edison

**What might make you
feel like giving up?**

**What motivates you
to keep trying?**

UPPER GRADE



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CONVERSATIONS

If you moved to a different city, what would you miss most about our class?

What would you miss most about our school?

UPPER GRADE



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CONVERSATIONS

What would be a great surprise
to find in or on your desk?

UPPER GRADE



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CONVERSATIONS

“Always walk through life
as if you have something
new to learn and you will.”

– Vernon Howard

**What would you like to
learn how to do and why?**

**How could you go
about learning it?**

UPPER GRADE



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CONVERSATIONS

“The beautiful thing about learning is that nobody can take it away from you.”

– B.B. King

What is something new that you have learned to do recently?

How did you learn it?

UPPER GRADE



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CONVERSATIONS

“Friendship isn’t about whom you have known the longest... It’s about who came, and never left your side...”

– Unknown

**Which qualities make
a good friend?**

UPPER GRADE



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CONVERSATIONS

"A friend is someone who knows
the song in your heart and can sing
it back to you when you have
forgotten the words."

– Unknown

How would someone close
to you describe you?

UPPER GRADE



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CONVERSATIONS

If you had to stay inside all day,
how would you spend your time?

UPPER GRADE



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CONVERSATIONS

If you had to stay outside all day,
how would you spend your time?

UPPER GRADE



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CONVERSATIONS

“Time is what we want most,
but what we use worst.”

– William Penn

What is a strategy that can help
you to use your time wisely?

UPPER GRADE



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CONVERSATIONS

"You may delay, but time will not."

– Benjamin Franklin

**What is something you
procrastinate doing?**

Why?

UPPER GRADE



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CONVERSATIONS

"Lost time is never found again."

– Benjamin Franklin

What is something you think
is a waste of your time?

UPPER GRADE



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CONVERSATIONS

“We must use time wisely and forever realize that the time is always ripe to do right.”

– Nelson Mandela

What do you wish you could spend more time doing?

UPPER GRADE



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CONVERSATIONS

What is your favorite TV show?
Why do you like it?

UPPER GRADE



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CONVERSATIONS

What is your favorite movie?
Why do you like it?

UPPER GRADE



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CONVERSATIONS

What is your favorite game?
Who taught you how to play?
Who usually plays it with you?

UPPER GRADE



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CONVERSATIONS

Do you like to read?
What is your favorite book?
What are your favorite
types of books?

UPPER GRADE



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CONVERSATIONS

Where is the most exciting place
you have been in the last year?
What did you do there?

UPPER GRADE



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CONVERSATIONS

What do you like to
do on weekends?

UPPER GRADE



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CONVERSATIONS

Do you have any
brothers or sisters?

How many?

If not, do you think you
would like to have
brothers or sisters?

UPPER GRADE



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CONVERSATIONS

What do you usually like
to do during recess?

Is there anything new you
would like to try during recess?

UPPER GRADE



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CONVERSATIONS

If you could ask anyone
to teach you something,
who would you ask and what
would you want to learn?

UPPER GRADE



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CONVERSATIONS

“Don't let the fear of
striking out hold you back.”

– Babe Ruth

Is there something you
are afraid to try?

Why?

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CONVERSATIONS

What hurts your feelings?
What did you do the last time
your feelings were hurt?

UPPER GRADE



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CONVERSATIONS

When you are feeling sad,
what do you do to feel better?

UPPER GRADE



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CONVERSATIONS

If you could choose to be any age forever, what age would you choose?

Why?

UPPER GRADE



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CONVERSATIONS

If you could witness any past, present, or future event, what would it be and why?

UPPER GRADE



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CONVERSATIONS

Do you have any pets?
What kind and how many?
If not, is there a pet you
would like to have?

UPPER GRADE



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CONVERSATIONS

If you could change your
name, would you?

What name would you choose?

UPPER GRADE



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CONVERSATIONS

Are you a morning person
or a night person?

Why do you think that is?

UPPER GRADE



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CONVERSATIONS

If you were stuck in an elevator with one person, who would you want the person to be?

What would you do to pass the time?

UPPER GRADE



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CONVERSATIONS

If you could switch
places with one person
for a day, who would it be?
What would you do?

UPPER GRADE



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CONVERSATIONS

What is something that
you do really well?

How did you learn that skill?

Was it difficult to learn?

UPPER GRADE



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CONVERSATIONS

When was the last time
you were really upset?

What happened?

How did you resolve
the issue?

UPPER GRADE



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CONVERSATIONS

If you could snap your fingers and appear somewhere else in the world, where would you be?

What would you do there?

UPPER GRADE



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CONVERSATIONS

"In this world it is not what we take up, but what we give up, that makes us rich."

– Henry Ward Beecher

What is something you could "give up" to make a difference in someone else's life?

UPPER GRADE



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CONVERSATIONS

What accomplishment has made you proud, and what did you do to celebrate?

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CONVERSATIONS

“Be the change you wish to
see in the world.”

– Gandhi

**If you could change one thing
about the world, what would
it be and why?**

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CONVERSATIONS

If you could be invisible,
where would you go?
What would you do?

UPPER GRADE



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CONVERSATIONS

What is your favorite color?

What belongings do you
have that are this color?

UPPER GRADE



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CONVERSATIONS

Do you have any pet peeves—
things people do that
really bother you?

What are they?

What do you do when
someone is committing one
of your pet peeves?

UPPER GRADE



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CONVERSATIONS

What is your favorite season?

What kind of activities
do you like to do during
that season?

UPPER GRADE



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CONVERSATIONS

What is the last thing you
do before you go to bed at night?

UPPER GRADE



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CONVERSATIONS

Would you rather eat breakfast for dinner or eat dinner for breakfast?
What would you choose to eat?

UPPER GRADE



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CONVERSATIONS

If you could only eat one
food for the rest of your life,
what would you choose?

Do you think you would like that?

Or would it get boring?

UPPER GRADE



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CONVERSATIONS

Would you rather live on a
space station or in a submarine?

Why?

UPPER GRADE



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CONVERSATIONS

What job would you like
to try for a day?

UPPER GRADE



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CONVERSATIONS

What is one thing that
your parents make you do
that you really don't want to do?

How do you respond when
they ask you to do it?

UPPER GRADE



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CONVERSATIONS

How do you think it would
feel to be the President of
the United States?

UPPER GRADE



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CONVERSATIONS

What is your favorite outfit?

UPPER GRADE



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CONVERSATIONS

If you could have lunch
with someone famous,
who would it be?

What would you talk about?

UPPER GRADE



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CONVERSATIONS

What did you do the last time you stayed home from school because you were sick?

UPPER GRADE



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CONVERSATIONS

If you could completely redecorate your room, how would it look?

UPPER GRADE



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CONVERSATIONS

What is the nicest thing
that someone else has
done for you?

UPPER GRADE



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CONVERSATIONS

Have you ever seen someone
get teased or bullied?

How did you feel?

What did you do?

UPPER GRADE



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CONVERSATIONS

What is something that makes
you feel nervous or worried?

What do you do to feel better?

UPPER GRADE



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CONVERSATIONS

“You sort of start thinking anything’s possible if you’ve got enough nerve.”

– Ginny Weasley
(Harry Potter and the Order of the Phoenix)

What is something that you would feel nervous or afraid to do alone?

UPPER GRADE



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CONVERSATIONS

Is there something about you, or something you have done, that would surprise your classmates if they knew?

UPPER GRADE



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CONVERSATIONS

Has anyone ever assumed
something about you that
wasn't true?

What did you do?

UPPER GRADE



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CONVERSATIONS

What do you do in the morning before you leave for school?

UPPER GRADE



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CONVERSATIONS

“There is no better exercise for the heart than reaching down and lifting people up.”

– John Holmes

What have you done that made a difference in someone else's life?

UPPER GRADE



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CONVERSATIONS

“Don’t let what you can’t do stop you from doing what you can do.”

– John Wooden

What are three things that you would like to accomplish in the next year?

UPPER GRADE



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CONVERSATIONS

"It takes a great deal of bravery
to stand up to our enemies, but
just as much to stand up to our friends."

– Albus Dumbledore
(Harry Potter and the Sorcerer's Stone)

**Have you ever had to stand up
to others because of something
you believed was right
(or wrong)?**

UPPER GRADE



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CONVERSATIONS

"Your mind is like this water...
When it is agitated it becomes difficult
to see, but if you allow it to settle,
the answer becomes clear."

– Master Oogway (Kung Fu Panda)

**Where do you like to go when
you want some quiet or alone
time to think?**

UPPER GRADE



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CONVERSATIONS

“The human race has one really effective weapon, and that is laughter.”

– Mark Twain

What is something that has made you laugh this week?

UPPER GRADE



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CONVERSATIONS

“There is nothing in the world so irresistibly contagious as laughter and good humor.”

– Charles Dickens

Who makes you laugh?

Why?

UPPER GRADE



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CONVERSATIONS

“Today you are you, that is
truer than true. There is no one
alive who is youer than you.”

– Dr. Seuss

**What has made
you feel proud?**

UPPER GRADE



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CONVERSATIONS

“Coming together is a beginning.
Keeping together is progress.
Working together is success.”

– Henry Ford

**What is something
that you have accomplished
as part of a team?**

UPPER GRADE



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CONVERSATIONS

**What is something for which
you are thankful?**

**How do you show that
you are thankful?**

UPPER GRADE



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CONVERSATIONS

If you could choose to
be anywhere in nature,
(e.g., beach, mountains, icecap, desert)
where would you be?

Why?

UPPER GRADE



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CONVERSATIONS

What is something you have made or created recently?

UPPER GRADE



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CONVERSATIONS

What is something
that you have learned from
someone close to you?

UPPER GRADE



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CONVERSATIONS

What would be your perfect day?

UPPER GRADE



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CONVERSATIONS

What is something you
can't live without?

UPPER GRADE



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CONVERSATIONS

If you could be in a movie,
which one would you be in, and
what character would you play?

UPPER GRADE



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CONVERSATIONS

What is your favorite holiday?
Why?

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COLLABORATIONS

ACROSTIC POETRY

Create an acrostic poem from the word _____ with your buddy.

An acrostic poem is when the first letters of each line spell out a word.

Materials: Paper and pencils

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COLLABORATIONS

BACK-TO-BACK BUDDY BALL

Stand back-to-back with your buddy with a ball placed between you. Walk across the room without letting the ball fall to the ground.

Materials: Balls

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COLLABORATIONS

BACKWARDS SCATTERGORIES

Make a list of items with your buddy that begin with the letter __, and fall under the category of _____ (e.g., animals, fruit, places).

Materials: Paper and pencils

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COLLABORATIONS

KEEP IT UP

Toss a balloon back and forth with your buddy. Keep it off the floor as long as possible.

Materials: Balloons

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COLLABORATIONS

CREATURE CREATION

**Create a creature with your buddy
out of recyclable objects.**

Materials: Recyclable objects
(cardboard tubes, string, paper,
plastic bottles, etc.), tape or glue

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COLLABORATIONS

HOKEY HANDSHAKE

Make up a silly handshake
with your buddy.

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COLLABORATIONS

LILY PAD POND

Use two pieces of large paper as "lily pads." Cross the room with your buddy, stepping only on the two lily pads, without touching the "water" (the floor).

Materials: Paper (letter size for older kids; larger for younger kids)

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COLLABORATIONS

TRUST WALK

Verbally guide your buddy across the room while he or she is blindfolded or has his or her eyes closed, then switch turns.

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COLLABORATIONS

POETRY PROMPT

Choose a classroom object with your buddy and write a short poem or rhyme about it.

Materials: Classroom objects
(e.g., stapler, paper, glue, etc.)

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COLLABORATIONS

PUT OUR HANDS TOGETHER

Work with your buddy to
build a paper airplane using
only one hand each.

Materials: Paper

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The logo features a large red diamond shape centered on a yellow background with a wavy, textured pattern. Inside the diamond, the text "SANFORD HARMONY" is written in white, with "SANFORD" in a smaller font above "HARMONY". A horizontal line is positioned below "HARMONY", and the word "COLLABORATIONS" is written in white below the line. A trademark symbol (TM) is located to the upper right of "HARMONY".

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COLLABORATIONS

SKETCH IT OUT

Describe a special place (e.g., your room, neighborhood park, house) for your buddy to sketch based only on your verbal description. No peeking until the end!

Materials: Paper and pencils

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COLLABORATIONS

BACK-TO-BACK BUDDIES

Sit with your back against your buddy's back and try to stand up together without using your hands on the floor.

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STUCK TOGETHER

Try to cross the room with your buddy, while keeping your adjacent feet (or shoulders or elbows) in contact at all times.

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COLLABORATIONS

WHAT'S IN A WORD?

Choose a vocabulary word with your buddy, and generate as many words as you can, using only the letters in the original word.

Materials: Vocabulary words,
paper, and pencils

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COLLABORATIONS

SPELLING STORIES

Work with your buddy to write a short story using all of your spelling words.

Materials: Spelling words,
paper, and pencils

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COLLABORATIONS

WHAT'S THE USE?

Choose a classroom object with your buddy, and use your imagination to generate as many traditional and non-traditional uses for that object as possible (e.g., a ruler can be used to measure, scratch your back, stir).

Materials: Paper and pencils

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COLLABORATIONS

A DAY IN THE LIFE

Choose a classroom object with your buddy, and write a story together from the object's perspective (e.g., A Day in the Life of a Stapler.)

Materials: Classroom objects, paper, and pencils

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COLLABORATIONS

STORYTELLING

Choose two objects with your buddy and write a short story that incorporates both.

Materials: Classroom objects, paper, and pencils

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COLLABORATIONS

BLOWING BACK

Sit across from your buddy and blow a crumpled paper back and forth to one another.

Materials: Paper

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COLLABORATIONS

BACKWARDS ABCS

Write the letters of the alphabet backwards on a shared piece of paper, alternating turns with your buddy.

Materials: Paper and pencils

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COLLABORATIONS

PARTNER PORTRAITS

Sit facing your buddy, and draw him or her in that moment.

Materials: Paper and pencils

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COLLABORATIONS

CROSSWORD BUDDIES

Work with your buddy to complete a crossword puzzle.

Materials: Crossword puzzles

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COLLABORATIONS

PUZZLE PARTNERS

**Put a puzzle together
with your buddy.**

Materials: Puzzles

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COLLABORATIONS

SCOOT

**Sit in a chair next to your buddy.
Try to scoot your chairs to be
back-to-back, using only your feet.**

Materials: Chairs

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COLLABORATIONS

BUDDY EDIT

Read and comment on your
buddy's creative writing.

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COLLABORATIONS

WHO AM I?

Write the name of someone famous on a sticky note and place it on your buddy's forehead (so he or she cannot read it).

The buddy with the note on his or her forehead asks yes or no questions until he or she can correctly guess the name on the paper.

Materials: Sticky notes and pencils

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COLLABORATIONS

THE SCOOPY DOO

Talk with your buddy for a minute, and put an 'r' in front of every word (e.g., "Rhi. Rhow rare ryou?").

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COLLABORATIONS

TOOTHLESS TALK

Take turns telling your buddy about your day without showing any teeth.

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COLLABORATIONS

RAPID RUN

Hold hands or link elbows with your buddy, and run as fast as you can in place for one minute - silently (no laughing!).

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COLLABORATIONS

MIRROR, MIRROR

Take turns mirroring your
buddy's actions.

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COLLABORATIONS

CLAP CLAP

Play or make up a hand-clapping song or game with your buddy.

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COLLABORATIONS

WALK THIS WAY

Take turns naming an animal that your buddy has to walk around pretending to be.

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COLLABORATIONS

MADE YOU LAUGH

Try not to laugh for as long as possible while your buddy stares or makes silly faces at you. Next, switch turns.

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HARMONY[™]

COLLABORATIONS

WHAT CAN YOU MAKE?

Work with your buddy to create a picture using 15 dot stickers.

Materials: Dot stickers, paper, markers

UPPER GRADE

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COLLABORATIONS

BUDDY PHOTO BOOTH

Take silly pictures with your buddy.

Materials: Camera

UPPER GRADE

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COLLABORATIONS

WHAT'S MISSING?

Sit with your buddy and place five to ten small items between you. Remove one item from the collection while your buddy's eyes are closed. Have your buddy guess which object is missing, switch roles.

Materials: Small classroom objects

UPPER GRADE

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HARMONY[™]

COLLABORATIONS

BUDDY COLLAGE

Cut images and/or words out of magazines to create a collage with your buddy that shows things you have in common.

Materials: Paper, scissors, glue, magazines

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COLLABORATIONS

ADD-ON-PICTURE

Create a picture with your buddy by taking turns adding to the drawing. When one person lifts his or her pencil from the paper, switch turns.

Materials: Paper and pencils

UPPER GRADE

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COLLABORATIONS

IMAGINARY HIDE-AND-SEEK

Think of a place to mentally “hide.” Tell your buddy your general location (e.g., I’m hiding in the classroom.), and have them guess where specifically you are hiding (e.g., under the desk, behind the board).

UPPER GRADE

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COLLABORATIONS

SPELLING HANGMAN

Use your spelling words to play hangman with your buddy.

Materials: Spelling words, paper, and pencils

UPPER GRADE

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COLLABORATIONS

PAPER BALL SOCCER

Sit across from your buddy, and decide together where to place your "soccer goals." Next, crumple a small piece of paper and play "soccer" using just your index finger to "kick" the ball.

Materials: Paper

UPPER GRADE

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COLLABORATIONS

SQUIGGLES

Draw a squiggly line or shape on a piece of paper while your buddy does the same.

Switch papers and turn your buddy's squiggle into a new picture by adding to the drawing. Next, incorporate both of your drawings into a story you write together.

Materials: Paper and pencils

UPPER GRADE

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COLLABORATIONS

BUDDY ANAGRAMS

Working with your buddy,
use the letters from your first
names to create two new
"buddy names."

UPPER GRADE

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COLLABORATIONS

WHEELBARROW BUDDIES

Hold your buddy's feet as he or she walk forward on his or her hands. See how far you can go, then switch places.

UPPER GRADE

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COLLABORATIONS

BOWTIE BUDDIES

Using only one hand each,
tie a piece of ribbon into
a bow with your buddy.

Materials: Ribbon

UPPER GRADE

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COLLABORATIONS

WORD BUILDERS

Start by writing down a letter. Next, your buddy adds a letter with a particular word in mind. Continue alternating adding letters until you have spelled out a word.

Materials: Paper and pencils

UPPER GRADE

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COLLABORATIONS

TIC-TAC-TOE

Play tic-tac-toe with your buddy.

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TELEPHONE

One person whispers a message to the person sitting to his or her left. That person then passes the message to the next person, and so on. The last person to receive the message says it out loud.

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**COMMUNITY
BUILDERS**

ARE YOU WITH ME?

Sit in a circle with one person standing in the center. The person in the center states one thing about him or herself. Anyone who shares that commonality has to quickly get up and change seats. The last person standing is the next to share in the center of the circle.

UPPER GRADE

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BUILDERS**

DO THE WAVE

In a large circle, one person begins by lifting his or her hands up into the air and bringing them back down, and is quickly followed by the next person, followed by the next (and so on), creating a “wave” around the circle.

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BUILDERS**

FRUIT SALAD

Sitting in a circle, with one person in the center (without a seat), everyone is assigned one of four kinds of fruit (e.g., apple, banana, strawberry, pear). The person in the center calls out a fruit, and those people quickly get up and change seats. The last person standing calls out the next fruit. If "fruit salad" is called, everyone gets up and finds a new seat.

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BUILDERS**

WANDER BREAK

One person starts as the announcer and everyone else as wanderers.

When the announcer says, "Wander!" everyone slowly walks around the room. When the announcer calls out, "break" and a number (e.g., "Break four!"), everyone gathers into groups of that number.

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ADD A BEAT

One person begins by creating a beat, using only his or her body (clapping, snapping, whistling, etc.). The next person joins in with a new sound or variation of the beat. Each person adds a new sound until everyone is participating.

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PASS IT

Sitting in a circle, the group has to quickly pass the ball around as the leader calls out different instructions (e.g., pass behind your back, pass to every other person, move closer together, move farther apart, etc.).

Materials: Ball

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BUILDERS**

CLAP, SLAP, SNAP

One person starts as the leader and creates a clap, slap, snap pattern for the whole group to follow. Switch leaders and repeat.

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FOLLOW THE LEADER

Form one line with everyone's hands on the shoulders of the person in front of him or her. Follow the leader as he or she navigates the classroom and calls out different pretend obstacles that will change the manner of movements (e.g., sticky mud, slippery ice, wind blowing from the front, lily pads across water, etc.)

UPPER GRADE

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BUDDY TO BUDDY

Stand with a buddy and listen for the announcer to call out two body parts to connect (e.g., “elbow to nose”). After all pairs connect, the announcer says, “Switch,” and everyone must find a new buddy.

The last person to pair up becomes the new announcer.

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HOLD THAT POSE

One student starts as "it" and calls freeze for everyone else to act like statues. The person who is "it" tries to make the statues break out of character and laugh. The first to laugh becomes "it" for the next round.

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STOLEN GOLD

Sit in a circle with one person standing in the middle. Someone sitting has a hidden penny. At "go," those seated begin slyly passing the coin around the circle. The coin can reverse direction at any time, and others can pretend to pass it. The person in the middle calls "stop" and guesses who has the coin.

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WHO'S THE LEADER?

One person is "it" and leaves the room (or closes his or her eyes and covers his or her ears in the corner).

The rest of the group picks one person to be the leader, who will begin doing a movement (e.g., tapping feet, clapping hands) for everyone to follow. When the leader begins a new movement, everyone must switch as well. The person who is "it" rejoins the group and has to guess who is the leader.

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POPCORN

Everyone slowly walks around the room. Once everyone has spread out, the announcer calls out a number and an object (e.g., "two, rocking chair!"). Those who are walking must form groups of that number and create that object with their bodies. Switch announcers and repeat.

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BALL TOSS

While holding a ball, someone announces a category (e.g., sports, plants, presidents, celebrities), and then names something in that category. He or she then tosses the ball to someone else, who has to quickly name something in that same category, and toss the ball to someone else. Start over with a new category if someone is stumped.

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CHARADES

Take turns choosing a card from a deck of picture or word cards. Act out what is on the card, and have the group guess what it is.

Materials: Cards with pictures or words

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QUESTION TOSS

Everyone writes a general question (e.g., what is your favorite movie?) on a piece of paper, signs their name, and crumples it into a ball. Then, students form a circle and toss the questions into the center. Next, everyone chooses a question, finds the person who wrote it, and answers it.

Materials: Strips of paper

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SAY MY NAME

Form a circle with one person standing in the middle. The person in the middle says someone's name three times quickly. The person whose name is being called must say the middle person's name before the third time. If he or she can't, they switch places, and the new middle person chooses a name to say three times quickly.

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WHERE'S MY HERD?

Everyone is randomly assigned an animal (assign two to six people the same animal). When the leader says, "go," everyone begins making the sound of their animals, while listening to find the rest of their "herd."

Optional: Index cards with the name of an animal

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SILENT SQUEEZE

Form a circle with everyone holding hands. One person starts a "silent squeeze" (e.g., short, long, short) that each person must pass on exactly as he or she receives it. The person who started announces whether the squeeze made it around the circle without changing.

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WORD SCRAMBLE

Everyone receives a card with either a scrambled or unscrambled word written on it. The challenge is to find the person with the scrambled/unscrambled version of the word and sit down together.

Materials: Cards with spelling words—half spelled correctly, half scrambled

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FREEZE RIPPLE

Everyone quietly walks around the room with the person who is "it" walking amongst them. The person who is "it" secretly taps someone on the shoulder, who then freezes. When others notice that someone is frozen, they must freeze too. See how long it takes for the entire group to notice and freeze.

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GOTCHA

Begin with everyone sitting in a circle. On the count of three everyone must look in one of three directions: 1) at the person on their right, 2) at the person on their left, or 3) at the person directly across from them. If two people look at one another, they yell, "Gotcha," and step out of the circle.

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SHAPE SHIFTERS

When the announcer calls out a number and an object, everyone must quickly get into groups of that number and arrange their bodies to create the object.

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ALPHABETICAL ORDER

Students must work together to get in alphabetical order according to first names.

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BIRTHDAY ORDER

Students must work together to get in order according to birthdays, from January to December.

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CATEGORY CALL OUT

Someone announces a category (e.g., favorite color), and everyone forms groups as fast as possible based on their answers (e.g., all the greens in one group, all the pinks in one group, etc.).

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CIRCLE THE CIRCLE

Everyone stands in a circle and joins hands with a hula-hoop placed over the arm of one person. The challenge is to find a way to move the hula-hoop all the way around the circle while all hands remain joined.

Materials: Hula-hoop

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DON'T BREAK THE LINE

Lay a rope or line of tape on the floor with everyone standing in random order. The challenge is to line up in height order while keeping at least one foot on the line at all times.

Materials: Rope, string, or masking tape

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HUMAN KNOT

In small groups, standing in circles, everyone randomly grabs two other hands. Next, everyone must work together to unravel the knot without letting go of any hands.

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SHRINKING ICEBERG

Place squares together on the floor to create an "iceberg." Students must have at least one foot on it at all times without touching the ground outside the shape. Take away one square at a time until the group can no longer squeeze onto the iceberg.

Materials: Carpet/cardboard squares

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SILENT ORDER

Everyone is randomly assigned a number. Without talking, the group must work together to line up in order.

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WHAT GOES DOWN

Form two lines facing each other. Everyone holds out an index finger facing up so that the fingers form a line down the center. A yardstick (or other object) is placed across the outstretched fingers, and the group must lower the yardstick to the floor together, without using any other finger or part of their body, and without curling their finger around it.

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FORTUNATELY, UNFORTUNATELY

Gather children into a circle and announce a story prompt. Challenge the group to go around the circle, with each child adding one sentence to the story. The sentences should alternately begin with “fortunately” or “unfortunately”.

Example: It was a dark and stormy night.

- 1) Fortunately, I'm not afraid of the dark.
- 2) Unfortunately, I don't like storms.

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WHO AM I?

On a strip of paper, everyone writes something about himself or herself that they would like to share, and that others may not know. After writing, crumple the strips into balls and mix them in the center of the circle. Everyone takes a turn choosing and reading, and trying to identify the person described on the paper.

Materials: Strips of paper

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HUMAN WORD SEARCH

Give each child a paper with a letter on it. Challenge children to combine their letters to form a word.

Materials: Strips of paper

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KEEP IT UP

Toss a balloon around the circle without skipping over anyone and without letting it drop. Students may only touch the balloon one time with one hand.

Materials: Balloons

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CATCH ON

Choose a topic (e.g., vegetables) and toss a ball, naming something from the category with each catch. When someone repeats an item or can't think of something, start over with a new category.

Materials: Ball or wadded up paper

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WHY? BECAUSE.

The first person writes down a "why" question (e.g., Why is the sky blue?) on the top of a piece of paper. He or she folds the paper, and passes it to the next person, who - without seeing what was written before - writes an answer beginning with "Because" (e.g., Because owls are nocturnal.). Keep it going and read it all out loud for a funny story.

Materials: Paper and pencil

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THE HUMAN CHAIR

Stand together in a tight circle, facing the back of the person in front, with hands on his or her shoulders. On the count of three, everyone sits on the lap of the person standing behind him or her.

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FIRST LETTER, LAST LETTER

The first person picks a category (e.g., food) and starts by naming something in that category (e.g., fish). The next person has to name something that falls in the category and starts with the last letter of the previously named item (e.g., ham).

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SNAKE'S TAIL

Form one line with everyone's hands on the shoulders of the person in front of him or her. When the leader says, "go" the person in the front of the line tries to catch the person at the back of the line - without the line coming apart.

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IN AND AROUND

Everyone stands in a circle and holds hands. One person starts in the middle of the circle and calls in another person to join him or her.

Continue adding people to the middle, one at time – the last person in calls in the next person. See how many people can fit in the middle without breaking the hands.

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FRIENDSHIP WEB

Sit in a circle with one person holding a ball of yarn. The person with the yarn holds the end, gives someone a compliment, and rolls the yarn to that person. The person who receives the yarn thanks the person for the compliment, holds on to a section of the yarn, and continues rolling the yarn along with a compliment.

Materials: Yarn

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SUPERMARKET

One person says, "I went to the supermarket and bought an ____ (something that begins with "a")."

The next person repeats the previous sentence, and adds an item that begins with "b." Continue adding to the list all the way to "z."

UPPER GRADE

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WORD ASSOCIATIONS

One person begins by stating any random word (e.g., banana). The next person repeats the first word and adds another word associated with the first word (e.g., split). The next person repeats the last word and adds a word associated with that one (e.g., lip), and so on.

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TP TALK

As a roll of toilet paper gets passed around, everyone takes one to ten squares. After everyone has their toilet paper, reveal that the number of squares is the number of facts each person needs to reveal about him or herself. Then, start sharing.

Materials: Toilet paper

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ACTION INTROS

Everyone takes turns introducing themselves with an action word placed before their first name that begins with the same letter (e.g., Leaping Larry).

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