



HOPSCOTCH (traditional)

Social & Emotional Learning Competencies: (adapted from CASEL.org)

- **Self-Management:** Impulse control. Students demonstrate the ability to control their emotions and actions as they win and lose points.
- **Relationship Skills:** Cooperate and negotiate conflict. Students demonstrate the ability to follow activity rules and etiquette, and calmly and constructively discuss game disputes.

EQUIPMENT NEEDED:

- Hopscotch course, beanbag or other tossable item

ORGANIZE:

- **Space:** Paint or create a traditional hopscotch course.
- **Students:** Players begin in a line at the start of the hopscotch course. The 1st player in the line has a beanbag.

HOW TO PLAY:

- **The Object:** To toss the beanbag into each square in numerical order, jump the course to pick it up, and then jump back home without touching a line or losing your balance.
- **The Process:** Toss the beanbag in square 1. Tosses must land in the square without touching a line or sliding out. If either of those things happen, the turn is over.
- Jump over the square with the beanbag and with feet straddled on boxes 2 & 3 (follow the course pattern). Continue through the course to the final safe space, hop and turn 180 degrees, and then hop back. When you get to the boxes next to your beanbag, stop pick it up without losing balance, and then hop out of the course.
- If you make it through, toss again in box 2 and repeat the course. Continue your turn until you make a bad toss or touch any line. After a fault, it's the next player's turn. Start with the last square completed on your next turn.

HELPFUL TIP:

- Play in groups of 2–4. If possible, give each player a beanbag.

SEL DISCUSSION STARTERS:

- What does “following the rules” mean? How does following the rules help us have more fun during a game?

