



HOPSCOTCH RPS

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

ORGANIZE:

- **Space:** Paint or create a traditional hopscotch course.
- **Students:** Players begin in a line at the start of the course.

HOW TO PLAY:

- **The Object:** To win as many games of Rock, Paper, Scissor (RPS) as possible and to stay at the top of the hopscotch course as the Hopscotch RPS Champion.
- **The Process:** To start, 1 player will hop the course. When they get to the final space, stop and turn around. The next player will then hop through the course and stop at the final row of 2 spaces.
- The players then play a game of RPS. The winner gets to stay at the top of the course as the Hopscotch RPS Champion. The other player jogs back to the end of the line to wait for another turn.

HELPFUL TIP:

- Add some more physical activity by having the Hopscotch RPS Champion do jumping jacks while the challenger hops out to play RPS.

SEL DISCUSSION STARTERS:

- What does self-control look like?
- How can you demonstrate self-control during recess?

