

GHOST HUNT



Game by Tiffany Beam

LEARNING TARGETS:

- **Skill:** I will demonstrate safe behaviors while hunting for ghosts.
- **Cognitive:** I will discuss grit and determination with my classmates.
- **Physical Activity:** I will increase my heart rate during this activity.
- **SEL:** I will demonstrate determination by working with my team to complete exercises and hunt for ghosts.

TARGET VOCABULARY: Grit, Determination

EQUIPMENT NEEDED: 50-100 cones; 40-90 colored yarn balls or bean bags; 10 white yarn balls or paper “Ghosts”; 6 hula hoops; exercise charts

ORGANIZE SPACE: Create a grid of cones with colored and white yarn balls / bean bags hidden under the cones. Place hula hoops up in a row at one end of the activity area.

ORGANIZE STUDENTS: Create 6 even teams, each team at a hoop and an exercise chart.

PROCEDURES:

- **The Object:** The object of the game is for your team to collect as many ghosts as you can.
- **The Process:** This is a speed walking game (or use scooters). On the start signal, teams will send 1 student (relay race format) out into the graveyard to hunt for ghosts. Look under 1 cone. If that cone is hiding a white yarn ball (ghost) bring it back and put it into your team’s hula hoop (ghost trap). If the cone you looked under is hiding a colored object, leave it there and move back to your team. Look on the exercise chart and lead your team in the exercise listed under the color that matches the object you just uncovered. When done, the next player moves out to hunt for a ghost.

SELF-REGULATION DISCUSSION STARTERS:

- In your own words, what does determination mean?
- How is grit and determination related to your personal health?

