

## GAME DAY TEACHER INSTRUCTIONS

Welcome to our 6-day journey to becoming a Game Day Champion! A Game Day mindset means waking up each day ready to tackle challenges with excitement, bounce back from setbacks, and make a positive difference in the world.

Every day is game day in a physical education class, and our class is going to become a board game where the activities are selected from the Winning Wellness game cards. The Winning Wellness game cards focus on activities related to physical health, mental health, or community connections.

### Set Up:

- One end of the activity space will be set up as a Game Board using 12 hula hoops placed in a line. Each hoop represents one of the categories of the game cards: Physical Health, Mental Health, or Community Connection. *Teachers: See provided color card identifying which color hula hoop is associated with each category.*
- Place the Winning Wellness game cards at one end of the hoops (there are a total of 12 game cards) in 3 stacks. There should be one stack for each of the 3 categories.
- Have the equipment needed for each of the activities on the Winning Wellness Cards along the perimeter of the activity space. Once a card is drawn, students will select the equipment needed for the activity and lead setting it up for their group/team.

### Activity Procedures:

- At the start of class, one student rolls the dice. The class navigates along the game board based on the number rolled and lands on a hula hoop. Based on the color of the hoop, they draw a Winning Wellness Card. *Teachers: hoops are in a line to leave activity space open for the games on the Winning Wellness Cards. The dice will move up and down the line of hoops based on the number rolled.*
- After instructions and demonstrations of the activity drawn, the entire class will play the game selected for approximately ½ of the activity time.
- Students will participate in a mindful minute at the end of the first game.
- When the mindful minute is completed, they roll the dice again, land on a new hoop and choose a new Winning Wellness Card.
- Each student can have their own Game Day Journal to complete over the 6 days, or you can display the journal prompts for discussion at the end of each class.