

OPEN[®]

Winning Wellness Cards

GameDay

GameDay

CHARIOT RACE

Set-Up:

- Use low-profile cones to create 2 parallel lines on opposite sides of the activity area.
- Create equal groups of 6–10 students.
- Each group starts behind their own cone, facing the cone on the other side of the area.

How to Play:

1. This Community Connection activity is called *Chariot Race*. The object of the game is for each team to take their chariot around the cone on the opposite side of the activity area and back to the starting line.
2. On the start signal, each team will form a circle around the first person in line. Hold hands (or lock elbows) to keep the circle together. Then start walking as a group around the opposite cone and back to the starting line as quickly and safely as possible.
3. As soon as you're back to the starting line, change riders and quickly cross the activity area again. Continue changing riders until everyone has had a turn.
4. Now that you're really good at working together to race your chariots, we'll begin our balance races. On the start signal, your group will use a partner parachute to balance a foam ball while moving around the opposite cone and back to the starting line. Your team gets one point for each successful race to the opposite cone and back.
5. See how many points your team can earn before you hear the stop signal.

Community Connection Game-Day Fact:

- The greatness in others will elevate your greatness. The product of your combined energy is greater than any individual effort. Allow yourself to celebrate each person's unique contributions and talent. Express gratitude for your team – together you will accomplish amazing things.



Community Connection Card