

OPEN[®]

Winning Wellness Cards

GameDay

GameDay

SLAP 21

Set-Up:

- Set up area with small cones or spot markers in a large “Connection Circle.”
- Each student begins by a cone/spot marker.

How to Play:

1. This Mental Health activity is called *Slap 21*. The object is to use quick thinking and strategy to be the first partner to land a hand slap on the number 21.
2. On the start signal, you will travel around the connection circle and find a partner. You will greet each other with a handshake, fist bump, or high 5 to reinforce the core values of adventure learning. You will then begin the first round of the game. Each partner will begin facing each other with both hands in front of them and their palms facing up. Play Rock, Paper, Scissors to determine who goes first.
3. Partners will take turns gently and respectfully slapping the other partner’s palms with either one or both hands each turn. Each slap is counted out loud as the group alternates gentle hand slaps until they get to the number 21. If there is a tie, play again until a winner is determined.
4. Each partner will then move through the connection circle and find a new classmate to play with after each round. But remember to keep track of your number of wins.
5. On the stop signal, we will determine who had the largest number of wins.

Mental Health Game-Day Fact:

- Be a positive energy magnet! Every day, set your intentions in a positive direction and use positive language with yourself and the people around you. Your positive thoughts and actions will be magnetic. Enthusiastic people recognize the positive people and opportunities around them and they celebrate it! Encourage your friends when they express positivity, and be grateful when you feel encouraged by others.



Mental Health Card