

GIFT WRAPPERS

STUDENT TARGETS

- **Skill:** I will use positive language to express optimism.
- **Personal & Social Responsibility:** I will encourage my classmates to express their optimism.

TEACHING CUES

- Think Positive
- Look for the Good in Every Situation

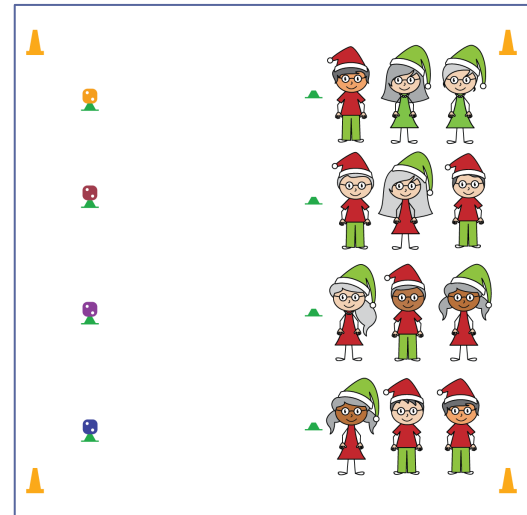
ACTIVITY SET-UP & PROCEDURE

Equipment:

- Large foam dice — 1 per team of 3 students
- Low-profile cones — 2 per team of 3 students
- Music and music player

Set-Up:

1. Use low-profile cones to create 2 parallel lines on opposite ends of a large activity area.
2. Place the foam dice on top of the cones on one side of the area.
3. Create teams of 3 and line them up relay-race style behind the cones opposite the dice.



Activity Procedures:

1. Optimism is the greatest gift that you can give the world! Let's practice expressing optimism as we play Gift Wrappers. The object is to "wrap your gift" by taking turns rolling the dice and adding each roll's value until you reach the sum of exactly 20. However, if your team rolls a 6, you must "unwrap" your gift and start back at 0.
2. On the music, 1 player on each team will run to their die and roll it. Remember its value, place the die back on the cone, and run back to your team. Give a high-5 and the next person in line will go.
3. Continue rolling and adding until 1 team reaches exactly 20. If you roll and 5 and you already have 18, just return to your line and keep playing until someone on your team rolls a 2.
4. We'll play 4 rounds. After each round, the winning team will choose the exercise that the entire class will perform for 20 repetitions.

SEL Integration:

- **KEYWORD:** OPTIMISM. Most students have some desire and drive to win. However, everyone suffers defeat and setbacks. Optimism is like any other skill. Becoming proficient requires purposeful practice, performance adjustments, and then repetitive success. During the game of Gift Wrappers, most teams and most students are going to lose. Use each loss as an opportunity to reinforce optimism and growth mindset.

Grade-Level Outcomes:

- **Standard 5 [E3.K-8]** Identifies physical activities that are enjoyable (Ka); Discusses the enjoyment of playing with friends (Kb); Describes positive feelings that result from participating in physical activities (1a); Discusses personal reasons for enjoying physical activities. (the "why") (1b); Identifies physical activities that provide self-expression (e.g., dance, practice tasks/games environment) (2); Reflects on the reasons for enjoying selected physical activities (3); Ranks the enjoyment of participating in different physical activities (4); Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response (5); Describes how moving competently in a physical activity setting creates enjoyment (6); Identifies why self-selected physical activities create enjoyment (7); Discusses how enjoyment could be increased in self-selected physical activities (8).