HEALTH (SMALL GROUP)

LESSON 3: HEALTHY MIND

Objective: Students will stretch and exercise their brain while playing or participating in some of the following activities.

ACTIVITY:

Choose one or two of the following activities

1 Play some board games like Taboo, Scatergories, or Pictionary

2 Try solving some lateral thinking puzzles https://www.folj.com/lateral/ You look at the solution ahead of time and have your students ask yes/no questions until they figure it our or give up in frustration.

3 Work on a puzzle together

4 Kahoot (kahoot.com has a free account) uses cell phone to do quizzes on whatever topics you are interested in.

5 Learn something new together. Create a new meal together

6 Have a scavenger hunt. https://www.fatherly.com/play/scavenger-hunt-clues/

You could increase the difficulty by timing the students. You could split them up in 2 person teams competing against other teams. Or you could have them create their own scavenger hunt for the other team and race against the clock.