

Health

Part 1

After attendance have the students get out a sheet of paper. They should put their name in the top right hand corner. The students are going to write down three truths and a lie. They should mix them up so that the lie is mixed in with the truth. I have provided my example. Have them try to guess my lie or make up one on your own. Hint: Read through them first before they make a guess.

Three truths and a lie

1. I had my very first cup of coffee when I turned 29 years old. (true)
2. **In high school I would go surfing before school. (lie - I'd go after school)**
3. I have never done a cartwheel. (true)
4. While golfing with my Dad I made a 70 foot put. (true)

Collect the papers and hold onto them until tomorrow.

Part 2

Puzzles are in cupboard #8

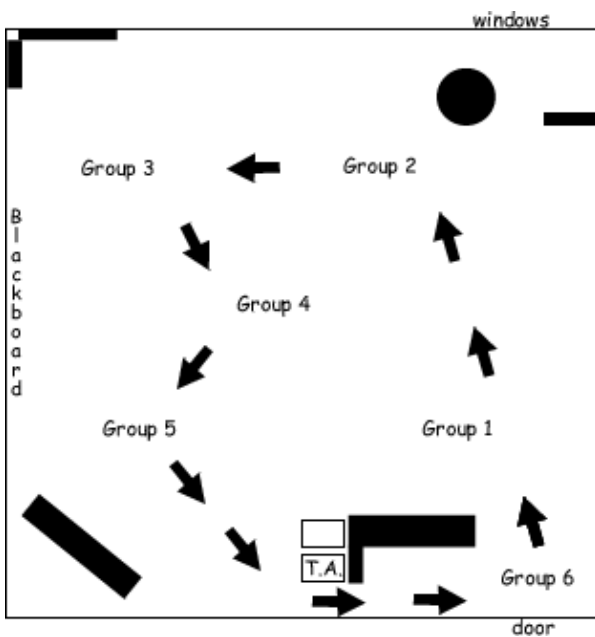
Now tell the students to **"Clear out the Middle"** The students will move the desks to the sides of the room. Just sit back and watch them go. This should be done rather quickly.

(Class 1 **"Clears out the Middle"** and Class 2 students will put the desks back the way they're supposed to be at the end of the day).

They should now **"Circle Up."**

Pentomino Puzzles

Each group will try each puzzle. Announce that the goal of this activity is to complete all the puzzles within 20 minutes. After about five minutes, rotate the groups. (Less time at each station as they start to rotate). Make sure the groups do not see the completed puzzles from other stations. The groups should alternate between puzzles. Green, Purple Green Purple etc. Now when the students leave a puzzle they may choose to keep the puzzle together or destroy their progress in order to inhibit the next group. **SHHH Don't tell them but you should not allow enough time to finish a puzzle before you command them to rotate.**



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Different rules for each rotation

- Solve the Puzzle
 - Solve the Puzzle with only one person touching the pieces; however, the piece must be handed to them by another person.
 - The "Piece toucher" may not communicate at all. All must participate.
 - Sometimes impose a rule that no one talks or only boys talk or only girls, or only people not wearing jeans etc.
- Solve the Puzzle by rotating the puzzle around to the next person. Once a person tries a piece they must pass the puzzle to the next person.
 - Have certain students close their eyes and try to solve the puzzle using only verbal cues.
 - Try different variations.

Make sure there is enough time to process the activity before the end of the period.

- What was difficult about the puzzle??
- Which puzzle was the most difficult?
- What types of communication were tested and demonstrated during the activity?
- How important was it to work together as a team?
- If someone let you down within the group how did you compensate....encourage or adjust your plans.
- How can you use what you have learned in this activity in your role as a leader? Etc.

Day 2

Part 1 Continue from yesterday.....

Three truths and a lie

Did you read some of these from yesterday?

They're usually pretty funny. Go ahead and mix them up.

Play the game.

- Choose a student's paper
- Read all four sentences.
- Then have the students guess whose paper it belongs to and then guess the lie.

If they are really having fun then keep it going.

Part 2 **Excuses, Excuses, Excuses** page 37

From the orange book "*Leadership Lessons – Lessons To Lead By*" page 37

I have left the book for you to read. It's a pretty simple assignment.

Have them sit on the floor in a circle. "Butts on the Floor" & "Crisscross."

Play it a couple of times and then do the **Processing** portion before they leave.

If there is extra time you may have the students teach you how to play the Sock Monkey Game or the Name Game with the balls in cupboard #9.