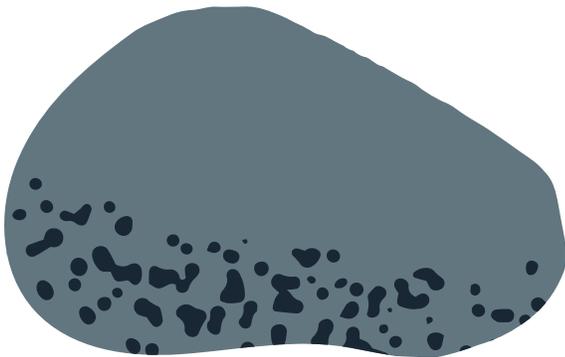




Rock Paper Scissors Glue

INTERACTIVITY IN A SNAP SHOT



Tense and Relax



Find your Flow



Fast and Slow



Finding Support



Rock, Paper, Scissors, Glue

WARM-UP INTERACTIVITIES

Student Targets



Movement Competence

Learn to perform a variety of movement skills relating to balance and coordination.



SEL

Learn to identify and manage emotions (i.e., refocusing energy so that they are ready to participate, connect and become aware of feelings themselves and their partner are experiencing when cooperatively navigating movements); stress management and coping skills.



Relationship

Learn to match and mirror a partner and move in unison through adjustment of body positions to get a feeling of the time and force required to create and sustain connection.



Physical Distance

This InterActivity can be performed 2 meters away from a partner.



[CLICK HERE](#) to watch this InterActivity in action!

Activity Overview

Get ready to play Rock, Paper, Scissors, Glue. The object is to develop synchronous movement in relaxing, high energy & balancing interActivities.

Getting Started

With a Partner, Sibling, Parent, or Guardian find a safe, open space with physical distancing measures in mind. The interactivity selection is based on predicting and matching a gesture:

- Rock (a closed fist),
- Paper (a flat palm),
- Scissors (index and middle fingers extending from a fist), or
- Glue (index finger pointed from a fist).

The goal of this game is to match! If you mis-match, you and your partner must do a predetermined exercise (e.g., a push-up). Every additional time there is a mis-match, increase the number of times you perform the activity (i.e, two mismatches equals two pushups, three mismatches equals three pushups, etc). If your symbols match, you and your partner get to perform the corresponding InterActivities below (on the next page) in unison.



Rock, Paper, Scissors, Glue

WARM-UP INTERACTIVITIES

Synchronous Symbols:

Rock = Tense and Relax

- Lie down (or squat down in the shape of a rock) and tense every muscle in your body. Next lie down on your back and exhale and relax.
 - Are you able to take a series of slow deep breaths in a synchronous manner? What strategies help you match each other's inhalations & exhalations?



Paper = Find Your Flow:

- Perform a basic sun salutation or body story (i.e., a series of 3-4 meaningful movements with your partner).



Scissors = Fast and Slow:

- The leader performs a movement such as a tuck jump or alternating lunges that speed up and slow down. The follower mirrors the leader.
 - Can a third person observer guess who is leading and who is following?
 - What strategies help the leader/follower maintain a mirroring & matching connection when the tempo changes?



Glue = Finding Support:

- A leader initiates a reciprocal balance by mirroring or leaning into or pulling away from a partner (i.e., connecting shoulders, backs, hands, or feet). Each partner experiments with sensations of counter balance.



Modifications to the Game

- **Use a manipulative:** Add an implement such as a ball or a skipping rope that partners integrate into creative adaptations for each movement category.
- **Communication:** Perform the InterActivity in silence, using only postures, positions, gestures and expressions to communicate.
- **Locomotor movement:** change the locomotor by restricting the activities to solely seated yoga movements or movements involving only the upper/lower body.

Adaptations to Rules of the Game

- **Competitive Score:** When symbols match, try to perform the exercise faster than your partner.
- **Theme of game for younger grades:** Have students gesture the symbols with their whole bodies instead of with their hands.



Rock, Paper, Scissors, Glue

WARM-UP INTERACTIVITIES

InterActive Function2Flow Assessment:

InterActive Function (Connecting Postures)	<ul style="list-style-type: none">• Can you feel the ways you are creating a connection through your relational posture?• How quickly can the follower mirror or match the leader's starting posture?
InterActive Form (Connecting Positions)	<ul style="list-style-type: none">• Is the follower able to mirror the way the leader creates shapes through various twisting/bending/extending/level change actions?
InterActive Feeling (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none">• Describe the inner feelings that arise when you act and react to your partner? How do these feelings change with pace/tempo (slow, fast, or progressive) or rhythmical variations (steady versus surprise bursts/accents)?
InterActive Flow (Connecting Energies)	<ul style="list-style-type: none">• What are the indications that you are effortlessly moving in unison? What strategies improve your mirroring & matching so that one day it will become effortless?