

**The Big Cheese**

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| **# of people to play:** 3+ | **Best for ages:**  5+ |
| **Equipment needed:** None **Social and Emotional (SEL) Competencies:** Self-awareness  **SEL Skills Practiced:** Self-awareness & Integrity | **Setup/Teaching Time:**  3 minutes |

### **Set Up**

* All players stand in a straight line, in a semi-circle or circle so you can see everyone
* Choose who will be the first “Big Cheese”

**Before You Start**

* Practice the call and response of “I am the Big Cheese”, with all players responding “You are the Big Cheese”.
* Introduce the 3 different movements: Cheddar Cheese (hands circled in front), String Cheese (arms stretched overhead), Stinky Cheese (waving hand in front of nose)

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### **Review SEL Skills Practiced:**

* **Integrity:** Be fair, be honest and do the right thing even when no one is watching you
* **Self-Awareness:** recognize and name the emotions you feel, know your strengths and be confident

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### **How to Play**

* The leader begins each round by saying “I am the Big Cheese!” and the other players respond “You are the Big Cheese!”.
* The leader then counts “1…2…3!” On the “three,” players pick one of the 3 predetermined movements to show (Cheddar, String or Stinky Cheese). At the same time, the Leader shows one of the 3 movements.
* Players who make the same movement as the leader are recycled (or out).
* The object of the game is for players to stay in the game by doing a different sign than the leader. The last player standing gets to be the next “Big Cheese.”

**SEL Game Debriefs**

* How did you feel when you were successful or unsuccessful in a round?
* When did you feel confident, or proud of yourself, in this game?
* When else in your life do you feel proud and successful?

### **Academic Applications**

* Students can complete an academic task (ex. spell a word, complete a simple math problem) to re-enter the game rather than sitting out
* Connect game to what kids are learning in class (plant cycle, larva cycle, etc)

### **At-Home Accommodations**

* Play sitting down if space is limited indoors.

### **Modifications for Social Distancing**

* Players should stand/sit 2 arms-lengths apart.

### **Challenge ideas**

* Play the game while standing on one leg!
* Challenge the players to come up with more cheeses and associated actions.
* Students can complete an action (ex: 5 jumping jacks) to re-enter the game rather than sitting out
* Connect game to what kids are learning in class (plant cycle, larva cycle, etc)