

**Clean Your Room**

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| **# of people to play:** 2+ | **Best for ages:**  5+ |
| **Equipment needed:** Soft, throwable objects (e.g. balls, stuffed toys, frisbees, balled-up socks, paper balls, etc.) **Social and Emotional (SEL) Competencies:** Self-management & Responsible Decision-making  **SEL Skills Practiced:** Self-Motivation & Problem-Solving | **Setup/Teaching Time:**  5 minutes |

### **Set Up**

* Designate an appropriate space like the living room, a bedroom or backyard.
* Make a boundary across the middle of your play space.
* Remove breakable objects like lamps and plants from the play area.
* Place an even number of objects on either side of the boundary.

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### **Before You Start**

* Split players into two teams.
* Go over safety rules: players should not throw objects AT other players.

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

* **Self-motivation:** finding a reason to complete a task without needing someone else to encourage you to do it.
* **Problem-Solving**: in challenging situations, try new ideas and communicate with others in order to be successful. Be ready to ask for help when you need it.

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### **How to Play**

* Set a timer for 1 minute.
* Players must race to “clean their room”, clearing all objects from their side by throwing them onto the other team’s side.
* When the timer goes off, count the objects remaining on each side to determine who was most successful.
* Reset the objects and start a new round! Don’t forget to say “Good Game” to the other team when you’re done playing!

**SEL Game Debriefs**

* How did you motivate yourself to complete this task?
* What strategy did you use to be successful in this game?
* How will you motivate yourself to do tasks that are important, but not always fun, at home?

### **Academic Applications**

### Use crumpled up paper with review questions or math problems. At the end of the time, have each team answer the questions that remain on their side

* Have students predict how many objects will remain on their side when time is up.
* Before counting objects at the end of the game, have students guess how many are on each side.

### **At-Home Accommodations**

* Paper balls work well for playing at home as they will not knock household items over!

### **Modifications for Social Distancing**

* Be aware that both teams will touch the objects being thrown--choose objects you can sanitize if possible!
* Keep players two arm-lengths away from each other.

### **Challenge ideas**

* Only allow players to hop, crawl, etc to make it more difficult!

### **Game Variations**

* Change the amount of time that players have to compete!