



Bespoke Emotional Social Teaching

What's in the Suitcase Family Challenge?

Game: BEST FOOT FORWARD!

Resources: Two sheets of paper/cardboard, newspaper for each player, timer.

Aims: Self-control, Emotional control.

Objective: For players to get from one side of the room/area in the fastest time

How to play:

- Give each player two of the pieces of paper/cardboard or newspaper
- Put out a marker for a start line and a finish line -(this could be a sweatshirt, cushion etc)
- The player has to get from the start marker to the finish marker by stepping on their pieces of paper.
- On your command, the player places their stepping stone in front of them. They then put the next stepping stone in front of them.
- They step on that stepping stone and then pick up the stepping stone behind them, place it in front of them.
- This carries on until they reach the finish marker
- Time each player and the player who does it in the quickest time is the winner
- Have the "best of three" competition.

Reflection and Discussion points:

- Was it hard to keep in control of your movements?
- Did you start to feel frustrated if you didn't get the fastest time?
- If you did feel frustrated, how did you calm down?