

Keeper of the Castle

Duty
Optimism
Courage

Group Size:

12+ participants

Materials:

- *Various gym supplies - cones, balls, pool noodles, Frisbees, bean bags, scarves, etc.
- *2-4 Hula Hoops
- *Gym or other large play area

Objective & Purpose:

- * Members will compete in a team game with their fellow group members in order to achieve a goal.
- * Members will see how positive attitudes have an effect on those around them.

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ctivity:

- Create 2-4 teams.
 - Place 2-4 Hula Hoops in the corners of the gym. Those are the bases (collection chambers) for each team.
 - Assign 1-3 group members to be the "Keepers of the Castle" (taggers) depending on group size.
1. Place pieces of gym equipment in the middle circle of the room.
 - The equipment is the 'treasure' and the circle is their 'castle.'
 2. On the signal, players will try to take pieces of treasure from the castle and bring it back to their bases without getting tagged.
 3. When a player is tagged, they must go back and touch the hula hoop at their base before re-entering game play.
 4. If a player has a treasure in hand when tagged, they must first return the treasure back to the castle before going back to touch their base.
 5. When all the treasure has been stolen from the castle, the team who collected the most treasure wins.
 6. Switch the taggers for each round.

D

iscussion:

- **DUTY:** What were your duties in this game?
- What happened if everyone did not participate?
- **OPTIMISM:** What does 'Optimism' look like in this game?
- How did you show 'Optimism?'
- **COURAGE:** Was 'Courage' required in order to play this game?
- How did you show 'Courage?'

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ife Application:

- **DUTY:** What are some of your everyday duties?
- Who is responsible for making sure your duties are completed?
- **OPTIMISM:** How do you show 'Optimism?'
- Who do you know that displays 'Optimism?'
- **COURAGE:** What does 'Courage' look like? Feel like? Say about your character?
- Is 'Courage' the same for everyone?