

# The Number Game

Respect & Community  
Optimism  
Heart

**Group Size:** 12+ participants  
**Materials & Setup:** \*Just Kids!

## Objective & Purpose:

\* Members will practice teamwork and communication, as well as participate in heart healthy activities.

## Activity:

- Have all students spread out in the playing area.
- 1. Give 20-30 seconds for the students to just run around (or skip, hop, gallop, spin, etc.).
- 2. Successfully When the time expires, yell out a number (example "SIX!") and students must quickly form groups of 6 (or whatever number is called).
- 3. Any participants who did not make a group must complete 6 jumping jacks (or exercise of choice).
- 4. Then play again! Be sure to mix up the activity and amount of time.
- 5. However, when the new number is called out, if any of the students who did not make it into a group the last time, must make it into a group this time. If they are left out of a group again, all of the other students must do the exercise.

## Discussion:

- **RESPECT & COMMUNITY:** What did you have to do to show Respect?
- How were you part of a Community?
- **OPTIMISM:** Why did you need Optimism in this game?
- **HEART:** How did you show Heart?

## Life Application:

- **RESPECT & COMMUNITY:** How do you show Respect?
- Why is Community important?
- Who do you know that shows Respect in their life?
- How are you a positive part of your Community?
- **OPTIMISM:** Why is Optimism important?
- Tell us about a time when you had to have Optimism.
- **HEART:** How do you show Heart to the people in your life?
- Give an example of showing Heart.