



Spread The Love

Description

Supplies

- Candy hearts
- Chopsticks
- Bowls or other containers
- Cones or markers

Description

Students work with their team to move as many hearts as possible.

How to Play

1. **Prep work:** For each group, place a bowl filled with candy hearts on one side of the room and on the other side of the room place a cone and an empty bowl for groups to start behind.
2. Put students in small groups of 8-12 and have groups line up behind their designated cone.
3. The goal of this activity is to gather as many hearts as possible into your team's bowl.
4. The trick is that students must go one at a time. They must walk to the bowl of hearts and use the chopsticks to carry one heart back to their group's bowl.
5. If a student drops their heart, they can pick it back up with their chopsticks. If a student touches the candy hearts with their hand, they must go back and start again.
6. Give the first student in each line a pair of chopsticks.
7. Start a timer and announce when students can begin.
8. At the end of time, have students sit by their bowl and count their hearts. The winning team is the team with the most hearts.

Activity Prompts for Reflection

- How were you a good team player during this activity?
- What kind words did you hear during this activity?
- What strength do you have that helped you with this activity?
- What weakness did your team have that you would want to improve on if we played again?

Other Ways to Play

- If candy hearts are too small, choose larger candy for students to move with chopsticks.
- If chopsticks aren't available, give each team a pair of popsicle sticks. Instruct students that they can only transport one candy heart at a time.
- Make this activity more challenging by assigning each team a specific color of candy hearts. Instead of having specific bowls of candy hearts, spread out all the candy hearts together on one side of the room so students have to search for their color amongst the many candy hearts.
- After counting the hearts, have students go around and give a compliment to someone on their team. When a student gives a compliment they are given a candy heart to eat.
- If students are running with chopsticks, instruct all teams that they must walk on tiptoes to and from the candy hearts bowl.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Relationship Skills

Sel-competency

1. Relationship Skills

Allotted-time

1. 15 minutes

Themes

1. General