



Musical Numbers

Description

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Students have fun dancing and moving around while also sharing and hearing positive things others have done.

Supplies

- Music
- Paper with one number written on each one

How to Play

1. **Prep work:** Count the number of students and write up to that number on each piece of paper. Spread the paper out face down around your space.
2. Explain to students that when the music starts, they dance around the room. When the music stops students must find a piece of paper and sit on it.
3. The leader calls out one random number and students look at their papers.
4. Whoever is sitting on the called number must stand up and say one thing they are proud of that they did.
5. Multiple rounds can be played, calling out different numbers each time, trying to ensure that each student gets a chance to share.

Activity Prompts for Reflection

- How did it feel to share something you are proud of?
- How did it feel to hear some of the great things others are doing?
- Would anyone like to share something they're proud of that they didn't get to share during today's

activity?

- Would anyone like to share a mistake they made recently?

Other Ways to Play

- Have a trustworthy student help you pick what music to play.
- If there is enough time, have students share a mistake they made recently with the group.
- If there is extra time, call out two numbers. When the music stops, those students must come together and give each other praise in front of the group.
- Make it more challenging by having students do various poses on top of the paper they choose.

Additional Notes

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

Category

1. Activities
2. Responsible Decision-Making

Sel-competency

1. Responsible Decision-Making

Allotted-time

1. 15-20 minutes

Themes

1. Acting and Music