



Virtual Games – On The River, On The Bank

Description

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Help your students practice decision-making during this fast-paced game. Students must think and move quickly in order to succeed in this activity.

Supplies

- No supplies needed

How to Play

1. This activity works best on a virtual platform like Zoom, where participants can see each other.
2. Tell the students that we are playing a game called 'On the River, On the Bank' and that it involves a lot of focus and listening.
3. Instruct students to stand up and angle their cameras so that they are shown as well as their feet.
4. Tell the group when you say, "river" they have to either jump to the left side or on their left foot and balance.
5. When you say, "bank" they have to either jump to the right side or on their right foot and balance.
6. When you say, "bridge" they have to stay in the center and hold a squat.
7. Do a couple of practice rounds and then start the challenge.
8. If a child messes up they get a letter of "S-W-A-M-P" (similar to how you would play the basketball game PIG).
9. Remind students to focus on controlling themselves and doing the actions as you speed up calling out the words.

Activity Prompts for Reflection

- Is anyone proud of something they did during the activity that they would like to share?
- Name some other choices that you could have made during this activity.
- Did anyone mess up or make a mistake during this activity?

Other Ways to Play

- Pick a student each round to call out phrases. Play multiple rounds so multiple students can have a turn being the leader.
- Have students do the opposite of what is called out for river and bank. When the leader says, “on the river”, students get on the bank and vice versa.

Additional Notes

- Make sure students know the difference between their right and their left and how everyone else on camera will look like they are doing the opposite.
- 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 minutes

Themes

1. No Supplies Needed