



## Hot Seat

### Description

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Students work together to help their teammates guess various words in this activity that requires self-control.

## Supplies

- White board/smart board (some way to display words large enough for all students to see)

## How to Play

1. Split group into two teams.
2. Have both teams face the board.
3. For each round, choose one student from each team to be in the hot seat. Have the hot seat student come up to the front and face away from the board and towards their team. Hot seat students are not allowed to look at the board until their turn is over.
4. At the beginning of each round, after hot seat students have been chosen, write a word on the board.
5. Teams try to help their hot seat team member guess the word by using synonyms, definitions, etc. Teams are not allowed to say the word “sounds like,” or “starts with.”
6. The first hot seat student to correctly guess the word gets their team a point. Then, new hot seat students are chosen.
7. This continues until time is up or all words have been used.
8. Words used will depend on age range of students and their interests, but some example words are: hot air balloon, dog, mountains, joyful, lemonade, McDonalds, etc.

## Activity Prompts for Reflection

- When was it hard to control what you said during this activity?
- Was there a time when you lost control during this activity? What happened?
- When was it hard to control what you did during this activity?
- What were some ways you were able to remain calm during this activity?

## Other Ways to Play

- Use vocabulary words that students are currently learning.
- To make this easier, provide categories for the words that hot seat members are guessing. For example: place, feeling, thing, person, etc.

## Additional Notes

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

### Category

1. Activities

### Sel-competency

1. Self-Management

### Allotted-time

1. 20 minutes

### Themes

1. General