



Rhyme or Reason

Description

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Students practice controlling themselves while thinking quickly in this fast paced card game.

Supplies

- Deck of cards

How to Play

1. The group forms a circle and the leader starts with the deck. Turning toward the student to their right, the leader flips over the first card face-up.
2. Leader and student race to say a word that begins with the same first letter of the number on the card. For example, if an eight was flipped over they could say 'elephant'.
3. The first person to say a word that starts with that letter gets to keep the card.
4. The word can not be a number or any word that was previously said.
5. The leader then moves to the next student, continuing around the circle. Once the leader goes all the way around the circle, the deck is passed to the next student in the circle.
6. The student with the deck turns to the student on their right, flipping over the top card, face-up.
7. This continues around the circle, passing the deck until all cards have been used.
8. Once time is up or all the cards have been used, have students count their cards, and announce the winner.

Activity Prompts for Reflection

- When was it difficult to control yourself during this activity?
- If you felt any frustration during this activity, how did you cope with it?

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- What is a surprise that happened during this activity?
 - What emotions did you experience during this activity?

Other Ways to Play

- If there is a large number of students, split the deck in half and create two groups, or give each group their own deck of cards.
- To make it more challenging, have students say a word that starts with the next letter of the alphabet. For example if an eight was flipped over, they would have to come up with a word that start with “F.”

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. 15 minutes

Themes

1. General