



Touchdown

Description

Supplies

- [Printed football field](#)
- 2 place holders or markers

Description

Students work together to think of how to cope with difficult situations in this fun football themed activity.

How to Play

1. Split students into two teams. This is the ‘football team’ they will be playing on.
2. Show students the football field and put each marker at the 50 yard line.
3. The goal of each team is to get as many touchdowns as possible.
4. For each down, read aloud a situation that might cause the team some negative emotions.
Example situations on the next page.
5. After reading the situation, give teams one minute to come together to decide how to control themselves in that difficult situation.
6. At the end of time, each team says their way to stay in control.
 - If both teams answer with a valid way to stay in control and the answers aren’t the same, they move 10 yards.
 - If both teams answer with a valid way to stay in control, and the answers are the same, no team moves 10 yards.
 - If only one team answers with a valid way then only that team moves 10 yards.

7. This continues with different rounds, keeping track of how many touchdowns each team earns.
8. Example situations:

- Your basketball team lost by one point
- Your teacher accuses you of cheating on your homework
- Your parents say you can't go over to your friends house this weekend
- Your sibling breaks one of your favorite toys
- You woke up and it's raining outside so your soccer game is cancelled
- You got a phone call home from school today for not listening to your teacher
- You drop your lunch tray in front of the whole cafeteria

Additional Prompts for Reflection

- Which situation was hardest to come up with a way to control yourself?
- What way to control yourself did you hear today that you plan to try next time you're feeling a big emotion?
- What was difficult to control about this activity?
- Does anyone have a situation they'd like help with coming up with ideas on how to control themselves?

Other Ways to Play

- Use situations you've seen your students in to make it more relatable for them.
- Tie in the football theme more by having a whistle, playing football music, and giving jerseys to the different teams.
- Make it more challenging by having teams come up with a list of different ways they could handle that situation. Teams share their list at the end of one minute and anything that isn't on the other teams list earns that team yards.

Additional Notes

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

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 30 minutes

Themes

1. General