



Chef Salad

Description

Supplies

- [Printed salad ingredients](#)

Description

Students play this engaging game filled with surprises.

How To Play

1. **Prep work:** Count the number of students and determine how many pairs of students you will have. Print off two copies of enough salad ingredients, so that every student will have one and there will be two of each salad ingredient.
2. Pass out one salad ingredient sheet to each student, ensuring there are 2 students with each ingredient.
3. If there is an odd number, the remaining student can start as the chef, or you can be the chef for the first round.
4. Put the chef in the middle of the group and spread out students the same distance away from each other and from the chef in a large circle.
5. Instruct students to stand on their ingredient paper with the words face up.
6. Explain that there will be many rounds played. Rounds begin by the chef calling out a salad ingredient. When the chef calls out the ingredient, the two students with that ingredient race to switch places with each other. At the same time the chef races to stand on the ingredients paper before their partner can.
7. If the chef stands on the ingredients page first, the chef becomes that ingredient and the ingredient becomes the chef. If the ingredients get to their paper before the chef, the chef remains the chef for another round.
8. The chef can also call out “chef salad” which means that everyone changes places and becomes

a new ingredient, and whoever isn't standing on an ingredient page is now the chef.

Activity Prompts for Reflection

- What was a surprise that happened to you during this activity?
- What helped you focus during this activity?
- What helped you stay calm during this activity?
- What emotions did you feel during this activity?

Other Ways to Play

- Instead of pieces of paper, could have students stand in hula hoops.
- Make it more challenging by having 3-4 students be each ingredient.

Additional Notes

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

Category

1. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 20 minutes

Themes

1. General