

# ACT IT OUT

## Core Values Activity

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### Objectives:

- Following the rules
- Being creative
- Thinking out of the box
- Everyone having a role
- Decision making

### Instructions for the Coach/Mentor:

This activity involves the entire team using their bodies to act something out. In the picture on the left, we were trying to make a fish. On right, we were an airplane. Pick something you think the students can act out. Here are some ideas we have used.

- 1) Airplane
- 2) Carousel
- 3) Car
- 4) Fish
- 5) Elephant

It doesn't matter if they look like a perfect fish or airplane. What matters is how they made the decisions, if they were creative and how they worked together. For example, did any think to add sound effects or singing? Did they time their movements and wait for each other?

### Instructions to the team:

On the card is a word. Act it out.