

FACILITATION TECHNIQUE	Rock, Paper, Scissors, Jump!
CORE PURPOSE / FOCUS	#support creativity #fun
PHASE	#energizer #ice-breaker #warm-up
SKILL / CONTENT	#creativity
TIME FRAME	Up to 30 minutes
GROUP SIZE	1-5 / 6-15 / 16-30 / more than 30 persons
FACILITATION LEVEL	Beginner
COMFORT ZONE	Safe

Introduction

This game can be used as energizing brain break. It takes absolutely no preparation and no extra material.

Necessary tools (what you need)

- Pick a videoconferencing tool of your choice.

Steps

1. Ask all of the students to stand-up in front of their web-camera – you should be able to see them.
2. Ask the students a question and present the choices, e.g.:
 How much is 2+5?
 A: 7
 B: 6
 C: 4
3. Each choice has a special move, for example:
 A: students should land with their feet together
 B: students should land with their feet apart in a straddle position
 C: students should land with one foot in front of the other
4. As in the well-known game: students jump three times, on the fourth jump they should land in the position that corresponds to the correct answer choice.

Tips & Tricks

- This game can be used as educational activity, or simply as wake-up game when you students are getting a bit tired.

Source

<https://sph.uth.edu/content/uploads/2014/06/APAL-Brain-Breaks-Guide.pdf>

