



RecipeaceCards

A Project of the Jeffco Student Health Advisory Council

ROCK PAPER SCISSORS

An activity to be competitive, get moving, and support one another.

Time
5 Minutes

Group Size
20-30 Students

Materials
None

INSTRUCTIONS

1. Everyone finds a partner and plays rock paper scissors.
2. The winner must then find another winner, and the person that lost is now their cheerleader.
3. This continues until there is only one pair playing and the rest of the room is cheering for one of the competitors.

DISCUSSION QUESTIONS

- How did cheering for someone make the environment better?
- Why is it important to support others, even if they do better or worse than us?
- What were some times where you did better because someone supported you?