

Happy Face Mean Face

PLAY

To start a session with laughter, energy, and excitement while practicing quick thinking, coordination, and physical movement.



Learning Intentions

I can think quickly and move my body in sync with my partner:

This encourages students to develop coordination and quick thinking by matching their facial expressions and movements with their partner.

I can stay active and have fun while playing games:

This game engages students in physical activities like jumping and simple exercises, boosting their energy and promoting fitness.

I can have fun with my friends and interact positively:

This activity encourages friendly interactions, cooperation, and teamwork, making it a fun and energetic way to connect with others.



Success Criteria

Accurate and Fun Facial Expressions:

Students create the correct facial expressions (happy or mean face) and match them with their partner during the game.

Active Participation in Movement:

Students engage fully in the physical challenges, such as jumping or performing a burpee, showing enthusiasm and energy throughout the game.

Friendly and Fun Engagement:

Students interact positively with their partner, laughing, encouraging each other, and enjoying the game together.



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Objective:

To start a session with laughter, energy, and excitement while practicing quick thinking, coordination, and physical movement.

Players:

Pairs of students, ideal for small to large groups.

Materials:

No materials needed—just space to move around.

Setup:

Students should pair up and face each other, ready to play the game. Ensure there is enough space for jumping and moving around.

Gameplay:

Classic Version:

- **Countdown and Warm-up:**
All students count down together, "3, 2, 1," and make a funny face for everyone to see. Then, make an angry or mean face to get everyone in the mood for the game.
- **Jump and Spin:**
Players stand back to back. When the game begins, they count down "3, 2, 1, jump!" On "jump," both players jump and spin 180 degrees in the air.
- **Happy or Mean Face:**
While in mid-air, each player must choose to make either a happy face or a mean face. When they land, they check if both players made the same facial expression.
- **Tag for Points:**
If both players show the same facial expression, the first player to tag their partner on the arm gets a point for that round. If they show different faces, they repeat the jump and spin until they match.
- **Rounds and Winning:**
Play five rounds and then find a new partner to play with. The player with the most points after five rounds wins.

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Fitness Version:

- **Plank Position:**
Instead of standing back to back, players get into a plank position, facing away from each other, with their feet close together.
- **Countdown and Push-ups:**
Students count down "3, 2, 1" and perform a push-up on each count.
- **Burpees and Facial Expressions:**
On "jump," players perform a burpee with a 180-degree squat jump. While in mid-air, they must decide to show either a happy face or a mean face.
- **Tagging for Points:**
If both players show the same facial expression, they try to tag each other's arm while still in the plank position. Players who tag their partner earn a point for that round.
- **Rounds and Winning:**
Play five rounds and find a new partner. The player with the most points after five rounds wins.

Winning the Game:

The game's main goal is to have fun and stay active. The player with the most points after completing five rounds with their partner is the winner.

Variations for Different Settings:

Add Funny Faces:

Students can create additional fun challenges by adding specific facial expressions for each round, such as making a silly face before jumping.

Increase the Complexity:

Add variations like jumping higher or performing a special movement before each jump, making the game more challenging.

Team Play:

For larger groups, students can pair up with different partners after each round and compete in teams, creating a larger sense of fun and competition.



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Additional Notes:

Happy Face Mean Face is a great way to engage students with fun, energetic movements while also encouraging quick thinking and emotional expression. This game promotes laughter, physical fitness, and positive social interactions. It's perfect as a warm-up for any session or just to energise students during breaks or playtime. Through the simple mechanics of the game, students learn how to collaborate with others while staying physically active and mentally engaged.

