

# Look Up and Down

Grade Three & Four

PLAY

**Look Up and Down is a high-energy connection starter game designed to build relationships, promote engagement, and encourage teamwork. It fosters connection through physical activity, quick thinking, and fun challenges.**



## Learning Intentions

### **Enhance Social Connections:**

Students will practice making eye contact and working together, helping to build rapport and strengthen relationships with their peers.

### **Encourage Teamwork and Cooperation:**

The game encourages students to collaborate with others by completing physical challenges together, promoting positive interactions and support.

### **Promote Physical Activity and Engagement:**

By incorporating fitness challenges, students will stay active while having fun and engaging in the game.



## Success Criteria

### **Active Participation and Engagement:**

Students will actively participate in the game, staying engaged and focused on the task at hand.

### **Positive Communication and Teamwork:**

Students will work collaboratively with others to complete physical challenges and celebrate each other's success.

### **Respectful Interaction:**

Students will respect the rule of not staring at the same person twice, ensuring the game flows smoothly and that everyone has the opportunity to participate.



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## Objective:

Look Up and Down is a high-energy connection starter game designed to build relationships, promote engagement, and encourage teamwork. It fosters connection through physical activity, quick thinking, and fun challenges.

## Players:

- Suitable for small or large groups.
- Works well for ages 7-12, or 13 and above.

## Materials:

- No materials are required for this game.

## Setup:

1. Have all participants stand in a tight circle.
2. The instructor should be positioned in a way that allows them to give clear instructions to the entire group.

## Gameplay:

### 1. Instructions:

- The instructor starts the game by instructing all players to "look down" (keeping their gaze lowered).
- The instructor then calls "look up." At this moment, all players must look up and make eye contact with another player.

### 2. The Interaction:

- If two players make eye contact, they must both yell "whoop whoop!" and then quickly run across the circle to meet each other. They perform a high ten jump greeting (jumping and giving a high five in the air).
- Both players are awarded one point for making eye contact and completing the high ten jump greeting.

### 3. Fitness Challenge (Optional):

- After scoring a point, the pair of players must complete a fitness challenge together. Options include:
  - **50-meter run** (or equivalent space depending on location),
  - **5 burpees** (or another fitness exercise like squats or jumping jacks).



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## 4. Continuing the Game:

- Once the players have performed their jumping high 10's and/or the fitness challenge is completed, the players return to the circle, and the game continues.
- **Key Rule:** Once a player has scored a point by staring at a particular player, they cannot stare at that same player again for the rest of the game.

## 5. Game Continuation:

- The rest of the players who didn't make eye contact with anyone continue to stare around the circle until the instructor calls "look down" again. This signals the end of the round.
- Continue this process for 5 minutes.

## Winning the Game:

- At the end of the 5-minute session, the player or players who have accumulated the most points (by making eye contact and completing their jumping high 10's) are declared the winner.
- You can modify the game duration based on the group size or desired level of energy.

## Variations for Different Settings:

### 1. Icebreaker Challenge Edition:

- Instead of physical exercises, players can perform icebreaker challenges or "get to know you" questions. For example, when they complete the high ten jump greeting, they could ask each other a question like, "What is your favorite hobby?" or "What's your dream vacation?"

### 2. Fitness Edition:

- Modify the fitness challenge to include different exercises, such as push-ups, squats, or jumping jacks, to fit the physical fitness goals of the session.

### 3. Classroom or Team-building Edition:

- Use the game as a team-building activity where players collaborate to reach a team goal. The team with the most points at the end of the session wins.

## Additional Notes:

- Look Up and Down is an excellent way to warm up at the start of a session while building connections between participants. It promotes physical activity and social interaction in a fun, engaging way.
- The game encourages students to engage with each other in a friendly and active environment, helping them learn about each other's strengths and build positive relationships.

