

Change It Up

PLAY

To help students practise adaptability by engaging in a fun and familiar game with surprising twists. Pluto may be the smallest planet (or not a planet at all, depending on who you ask), but it teaches us that flexibility, curiosity, and openness to change are powerful life skills.



Learning Intentions

I can follow changing rules in a game:

This builds cognitive flexibility and adaptability.

I can stay calm when things are different or surprising:

This strengthens emotional regulation and open-mindedness.

I can have fun even when things don't go as expected:

This promotes resilience and positivity.



Success Criteria

I can listen closely to changes and follow new instructions:

This supports concentration and flexible thinking.

I can try new rules without giving up or getting upset:

This helps develop problem-solving and persistence.

I can enjoy learning new ways to play:

This encourages curiosity and a growth mindset.



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Objective:

To help students practise adaptability by engaging in a fun and familiar game with surprising twists. Pluto may be the smallest planet (or not a planet at all, depending on who you ask), but it teaches us that flexibility, curiosity, and openness to change are powerful life skills.

Players:

Ideal for 4–26 students as a whole class or small groups

Materials:

- Open space for movement
- No equipment required (optional music for transitions)

Time Required:

10–15 minutes

Setup:

Begin by reading the Pluto page from *The Playful Astronauts* and discussing:

- “What does adaptability mean?”
- “What happens when things change suddenly?”
- “How do we feel when a game has a surprise rule?”

Let students know they'll be playing a shape-shifting version of a game they know but with some fun twists from the planet Pluto!

Gameplay:

Step 1 – Start with Familiar Game:

Begin with a well-known game like *Simon Says*.

Example: “Simon says touch your toes,” “Simon says jump.”

Step 2 – Pluto Takes Over:

Partway through, announce that *Simon* has gone to space, and now *Pluto Says* is in charge!

But with Pluto... things are a bit different!

Introduce changes such as:

- Now you only follow *Pluto Says* if it's said in a silly voice
- Pluto spins the direction of the game backwards
- You do the opposite (e.g. “Pluto says sit” = you stand!)
- Everyone adds a jump after every action



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Step 3 – Keep It Changing:

Continue adjusting the rules in playful, gentle ways. Encourage laughter and mistakes, encourage students to try again if they get mixed up.

Pause between rounds to ask:

- “How did it feel when the game changed?”
- “Was it hard to keep up? What helped you adapt?”

Winning the Game:

Everyone wins by trying, laughing, and staying flexible. Pluto reminds us that even when things feel uncertain or unexpected, we can adapt with a smile.

Additional Notes:

Change It Up turns change into a celebration. It helps students become more comfortable with uncertainty, while building confidence that they can handle new situations. Like Pluto, distant and mysterious but full of possibility, students learn to embrace the unknown with courage and creativity.

