



# Healthy Socialization

The Purpose Behind Fun Day

But before we begin...

# January Student Store Lottery Winners!

**ISABELLA WAGNER!**



**ARJUN KRISHNAN!**





# Learning Targets

- I can discuss the importance of *healthy* peer-to-peer socialization
- I can practice socialization by *actively* participating in a game with my class
- I can set a *goal* for myself on how I want to socialize during Fun Day



NOW

THIS

## **7 Ways to Be Happier, According to Science**

**WHY Fun Friday?**



# Discussion

- What are the *challenges* people have in socializing in a healthy way?
- Why is it *important* for us to know how to socialize with others in a healthy way?
- At school, we are making time for these healthy social skills during Grizzly Time and Fun Day. What are *other* ways you can make time for these skills in your life?





# Social Practice!

- Let's engage in some social connections with our Grizzly Time peers
- Remember that the goal is to *connect* with our peers through talking and interaction in a positive way
- Pick one (or more!) of the following activities to do with your class

# TEAM CHARADES



Your GT will split into two teams.

One person from each team will step to the front of the classroom and receive a word to act out.

The ***first team*** to call out the correct word earns:

**1 point (easy),**  
**3 pts (medium), or**  
**5 pts (hard clue)**

for their entire team!

# FILM DIRECTOR



Playing in teams of 4, the audience will suggest a scene, such as 'going grocery shopping' or 'walking your dog in a park'.

Three people will act out the scene and one person will serve as the Director.

At any time during the scene, the Director can interject and direct the other 3 to re-do the scene in a different acting style of their choice, such as 'Sad,' 'Western', or 'Rap-Battle.'

The other 3 then re-do the scene with the new instruction. Repeat until the group has had 2 re-do's



# "WHAT'CHA DOING?"



Starting with one player, suggest an action such as 'Riding a Bike' or 'Brushing your Teeth.'

The first player then begins to mime performing this action. The second player steps up and asks the first player "What'cha doing?"

The first player must supply an action they are not actually doing. For example, if they are miming 'Brushing my teeth', the player may say 'Playing Basketball'

The second player then steps up and begins miming the action they were told. The next player comes up and asks their action, and again they must say an action they are not actually doing.

Play continues as players mine and name new actions.

# PARTY QUIRKS



In this game the host is first sent out of the room.

Three other players then get suggestions on funny quirks they have such as *'can only speak in words that start with the letter C'* or *'is slowly turning into a duck.'* Their ideas should be silly, but school appropriate.

The party host then comes back into the room. The party host must interact with the other 3 players, who all act with their strange quirks.

The host will try to deduce what each player's quirks are. The game ends when the host correctly guesses the player's strange behavior. If the host guesses correctly, that player must *'leave the party'* and sit back in their chair until the round is over.



# Fun Day Sign-Ups

- Fun Day Sign-Ups close tomorrow, Thursday February 2<sup>nd</sup> at 3:00pm
- Make sure you've selected your options and that you know which rooms your activities are in for Friday!



Exit  
Ticket

**What is at least 1 specific challenge you have for your own participation in Friday's FUN day to practice healthy socialization?**

Examples:

- To meet 3 new people?
- To stop notifications on my phone for the entire event?
- To help someone else thrive at the activity you join?