

YOU BE THE HERO!



ages
5-6

ages
7-8

ages
9-12

ages
13 +

[1 OF 7]

“You Be the Hero!” is an age-adapted adventure meant to get kids moving, where they control the game!

The counsellor’s role is to:

- Set up the field
- Identify the theme
- Distribute and select the objects in each container
- Explain the instructions
- Act as timekeeper
- Make note of strengths so as not to forget them

[1 DE 7]



The steps are intended to motivate each participant by allowing him or her to be the key player in the activity, i.e., to make personal choices.

Take the time to speak to the kids after the activity to get their perspective and show that you value their involvement. You may be pleasantly surprised to find that they contribute some ingenious ideas!

Object of the game

To have each kid accumulate the most objects associated with the theme selected following your instructions. The kids must return the objects in the mixed containers to the containers associated with the appropriate theme.

A few dimensions placed front and center:
creativity, autonomy, fun, individual and group objectives



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Preparation by the counsellor

- Step 1:** Choose your theme (see the appendix for examples specific to age groups).
- Step 2:** Determine the duration of the game.
- Step 3:** Before starting, determine the position of the field, with the empty theme containers versus the mixed containers. (See the appendix for an example of field position based on age group). You can also create your own field position—and use your imagination!
- Step 4:** Place the objects associated with the theme selected inside the mixed containers, making sure to place objects for each theme in the containers. You may decide to vary the number of objects in the containers.



Instructions

1. At the outset, ask the kids to think of a theme without revealing it.

Note: It's important to stick to the same theme for the duration of the activity.

Shh... it's secret!

2. Once the game starts, tell the kids to go towards the challenge of their choice. This will give them access to a mixed container from which they must remove an object associated with the theme they've selected.
1 Challenge = One access to the container

Note: Place visible challenges at different points using images depicting the challenge. (e.g., 10 x frog jump, 10 x dribble with a basketball, maintain balance for 20 seconds in a plane position, 10 x push-ups, etc.)

3. Returning the object to the theme containers is done from the sides (or as you choose, based on the field position).
The goal is to place your object in the initial container associated with the theme selected by the participant.
4. The game continues until time expires.

Note: If a participant arrives at a mixed container and the desired theme is not there, he or she must go back to the start and begin again.

5. When time expires, count the number of objects in each container. The kids who've chosen the container with the most objects win the game.



Age-based variations

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- Vary the themes (e.g., colours; red, blue, green, etc.).
- Change the number of containers (e.g., based on the number of kids or the materials available).
- Change the field position (e.g., by increasing the distance between the containers).
- Add variations in movement during returns (e.g., have the kids adopt different walks, i.e, on the tips of the toes, backwards, hopping).

**ages
7-8**

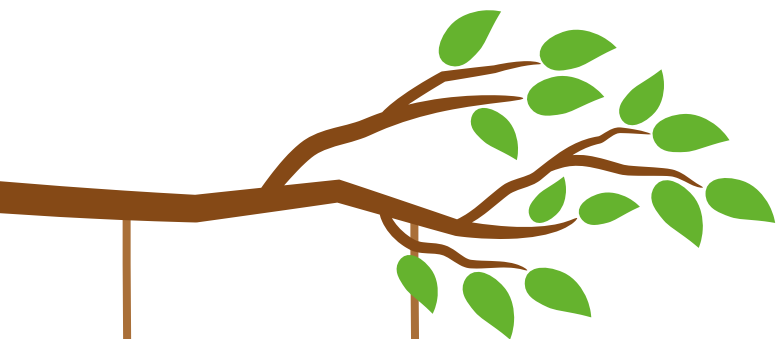
- Vary the themes (e.g., nature; leaves; rocks; branches).
- Change the number of containers (e.g., based on the number of kids or the materials available).
- Change the field position (e.g., make it in the form of a circle).
- When the counsellor says “Change” the kids must choose a new theme.

**ages
9-12**

- Vary the themes (e.g., shapes; square, circle, line).
- Change the number of containers (e.g., based on the number of kids or the materials available).
- Change the field position (e.g., hide the theme containers on the field, and have the kids find them).
- Add a person to the game and turn it into a game of tag posing new challenges.
- Add balls and tell the kids they must always receive a pass or touch the ball in order to move.

**ages
13 +**

- Vary the themes (e.g., four food groups).
- Change the number of containers (e.g., based on the number of kids or the materials available).
- Change the field position (e.g., ask the kids to determine the field position).
- Add a second level where the kids must mix together the objects again as quickly as possible.
- Place the containers at a height where it isn’t possible to see how many objects are inside.



LEVEL 1
Recommended



ages
5-6

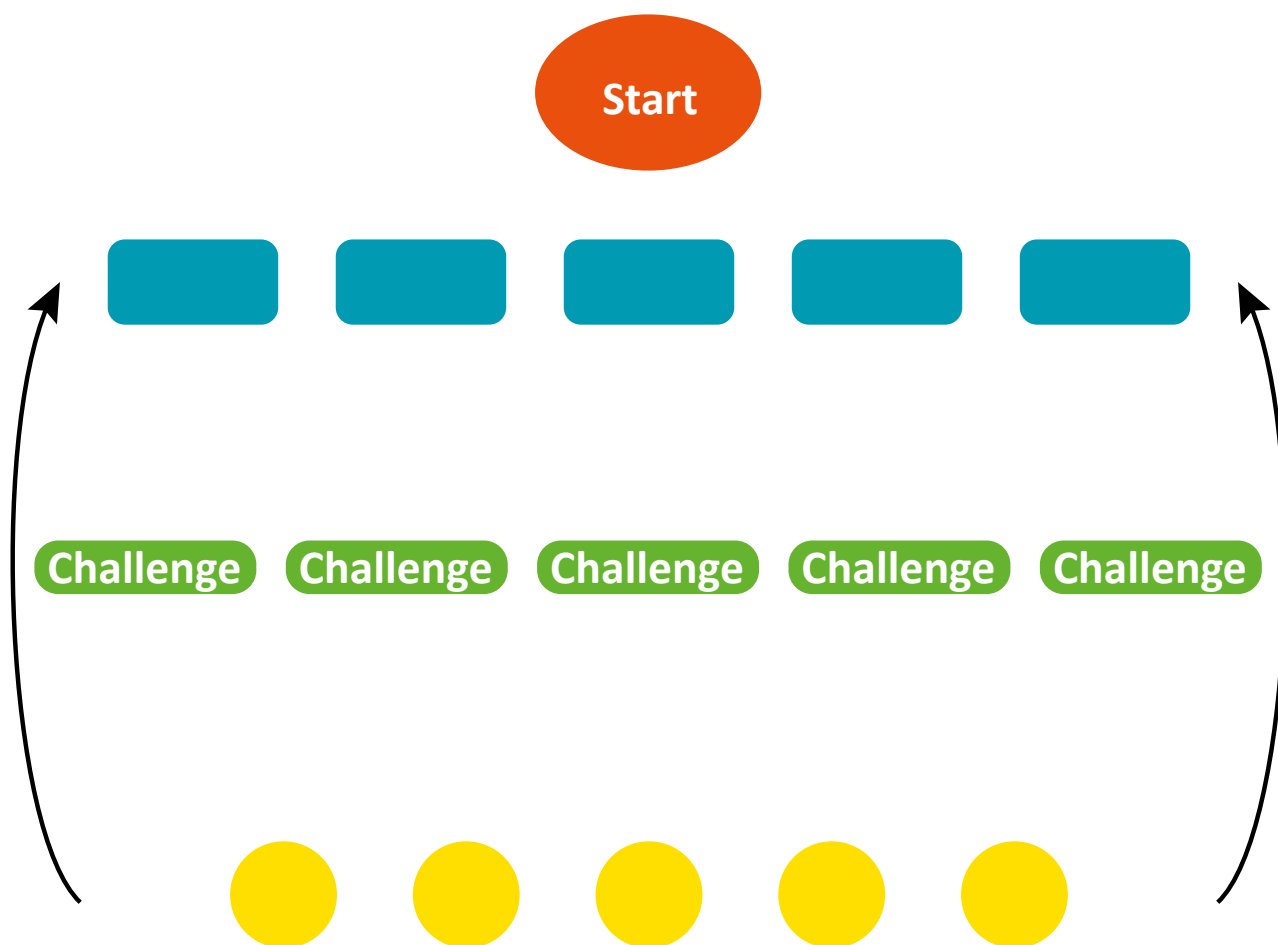
YOU BE THE HERO!

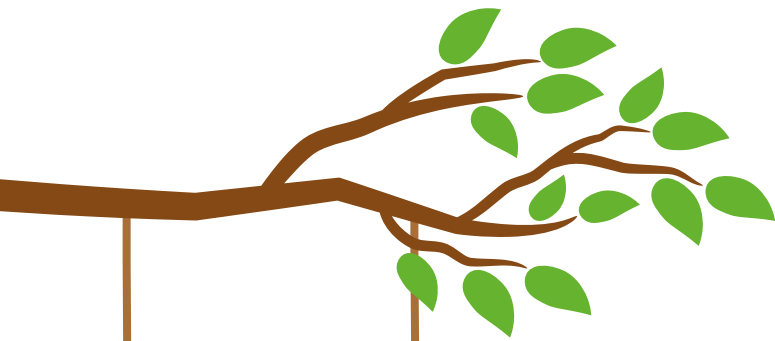
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Example of a field

Legend:

-  Theme containers
-  Mixed containers







LEVEL 2
Recommended

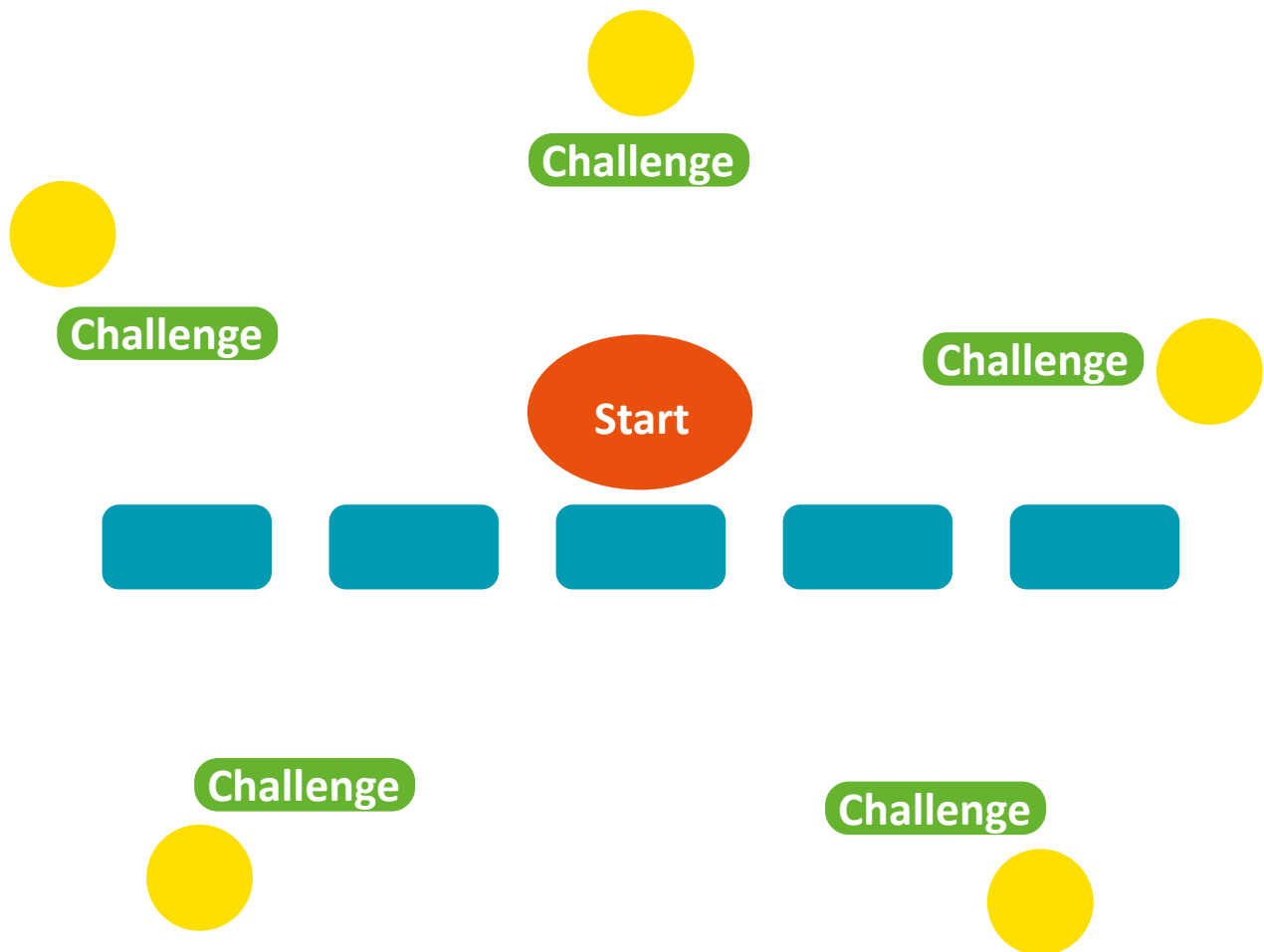
**ages
7-8**

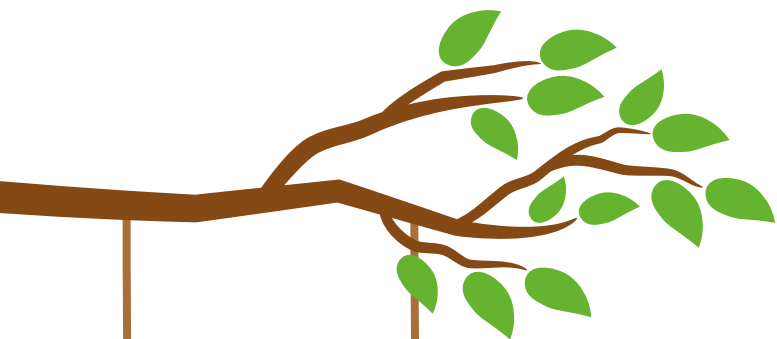
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Legend:

-  Theme containers
-  Mixed containers





LEVEL 3
Recommended


ages
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YOU BE THE HERO!

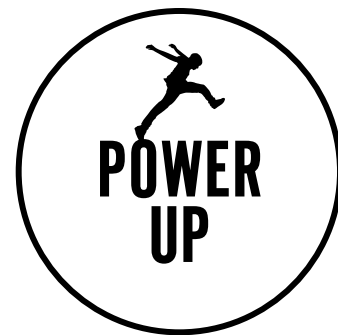
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Legend:

 Theme containers

 Mixed containers







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LEVEL 4
Recommended

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YOU BE THE HERO!

Legend:

-  Theme containers
-  Mixed containers

