

HOPSCOTCH

Grade level : Cycle 2 & 3 Elementary

This activity is based on the traditional hopscotch game, with added concepts of the SHINE program on personal boundaries (emotional, physical and virtual) and gender stereotypes.

Goal

Allow children to identify examples of boundaries and which category they refer to.

Material

- Small rocks or marbles;
- Questions (can be found on the following page);
- Chalk or tape to design the hopscotch outline (sketch on the following page).

Procedure

Split your group into teams of 4 or 5 students. Invite the students to line up in front of their hop scotch. One child at a time can throw the rock or marble onto the game. They must jump on one or two legs up to the number where the rock has landed. Read a question of your choice. If the child answers correctly, they can throw the rock again and answer another question. Otherwise, they must stay on that number and wait for their next turn. When a player reaches the top (number 9), they gain one point and can line up again. The student with the most points wins the game. You can also form small teams that can collect points together.

Additional information: The questions on the following page are suggestions. You can create new ones and/or ask children to come up with questions. You can also ask the same question twice, as some of them can have several right answers. You could also split your group into small teams and give one student the responsibility of asking the questions.

Questions

1. True or False? A good friend is always affectionate. (False)
2. What is the boundary being crossed? Someone gave me a hug without my consent. (Physical)
3. What do we call this statement: Boys are stronger than girls. (Stereotype)
4. True or False? We must ask permission before giving a kiss or a hug. (True)
5. Which boundary is described: I apologize to my friend for making them cry. (Emotional)
6. True or False? The minimal age required to be on social media is 13 years. (True)
7. Which boundary is described: I tagged someone on a picture on Instagram. (Virtual)
8. Name an example of a gender stereotype. (colours, jobs, sports, clothing, etc.)
9. True or False? My parents have the right to give me a hug even if I don't like it. (False)
10. Name one component of a healthy relationship. (respect, communication or equality)
11. True or False? There are jobs that are only for men and some that are only for women. (False)
12. Which boundary is being crossed when we are being bullied? (Emotional, physical or virtual)
13. What happens when my boundaries are crossed? (My alarm system rings.)
14. Which adult can help me at school? (teacher, student counsellor, principal, etc.)
15. True or False? An online game like *Fornite* or *Roblox* is like a social media. (True)
16. Name a reaction from the alarm system. (heart beats fast, hot and sweaty hands, butterflies in the stomach or shaking)
17. True or False? My body is mine. (True)
18. Do the alarm system dance. (The child must mime the reactions of a heart beating fast, hot and sweaty hands, butterflies in the stomach and shaking)
19. True or False? I can post whatever I want on the Internet. (False)
20. To whom can I ask for help when I am going through a tough time? (Safe adult)
21. Which adult from my family can help me? (parent, uncle/aunt, grand-parents)

Sketch for the hopscotch

