

"Morphing" is a fun or trust activity that works well with a whole classroom. It can be a fun way to introduce, review, or remember a sequence. It is also a good deinhbitizer.

Rules Adapted from *Journey Toward the Caring Classroom* - more details on pages 56-57

Start by making sure all of your students know how to play "Rock, Paper, Scissors."

Demonstrate the motions:

- Egg - squatting down
- Chicken - hands in armpits squawking
- Dinosaur - arms up, making roaring noises
- Superhero - flying through the air
- Know-it-all - arms crossed looking smug

The object is to get as high up the chain as possible.

All students begin as an egg. Everyone finds another egg and plays "Rock, Paper, Scissors."

The winner gets to move up a level in the chain to chicken. Chickens find other chickens to play "Rock, Paper, Scissors" with the winner moving up to dinosaur and the loser moving down to egg. When someone makes it to know-it-all they stand outside the group arms crossed looking smug. Provide a time limit like 2 minutes.

Possible debriefing/processing questions:

How did you like acting like a ___?

How do you feel about where you ended up?

Did everyone move up or down the chain according to the rules? Why do you think they chose to follow the rules or not follow the rules?

If you saw someone not following the rules, describe what you saw without using names.

How did you feel about the person you observed?

Do you feel you can trust this person?

If not, what can the person do to gain your trust?

Modification: make up your own, or have the kids make up their own chain to help them learn or remember a sequence you are teaching.