

## Still Chillin' Game

This is a simple and fun game for students age 10 and up to explore mindfulness. Educators often use this game when starting a new class, as it ties in well with being mindful of one's body. It's also a great activity for breaking the ice and helping the students to relax, have fun, and feel more engaged.

### Instructions:

Have everyone sit in a circle and explain that you're going to play a game that involves one aspect of mindfulness: being aware of our bodies. The aim of the game is to see who can sit still the longest. The last person who is "still" wins. Rules are as follows:

1. Each student keeps their body entirely still.
2. Students must sit up (no putting one's head down on a desk).
3. No movement at all, except for breathing, blinking and swallowing.
4. If any kids move, they can call themselves out ("I'm out"), or you can call them out.
5. Last person sitting still wins.

Try a 10-20 second round just for practice. In between the second and third round, invite the youth to focus on the breathing in the present moment to see if that helps them to sit still longer.

Towards the end, when there are just one or two youth left, everyone may start trying to distract them. This is a great time to talk with them about Michael Jordan, being "in the zone," or any other person they might know who has to focus under pressure with others trying to distract them. After the second or third round, most of the class is usually pretty still. This can be a great way to set a foundation for any subsequent meditations. Afterwards, discuss the experience.

### Sample Discussion Questions:

- What was it like to be still?
- What did you notice? How did you feel?
- What helped you to stay still?
- What didn't help?
- Did the breathing help?
- Did your thoughts slow down or stop?

After you've discussed the experience for a few minutes, talk about how stillness is one aspect of mindfulness. It takes time, but we can learn how to let the body be still in a relaxed way, without fidgeting or shifting. From here, you can go on to talk about what mindfulness is, its benefits, or segue into another lesson as appropriate.