Thinker/Feeler Transformer Tag

Goal:
- To play the tag game understanding the rules and strategies

Set Up:
- A large, obstacle free, open space to play within
- 4 - 8 boundary markers or a defined activity space
- No equipment needed

Bullying Awareness Concepts/Goal and Framing:
- “Some of us tend to make decisions by thinking through a situation, and others make decisions based on gut instincts or feelings. Both are important when making balanced decisions. In this goofy tag game, you are going to try to win other people to your side. Here’s how it works...”

How to Play the Game: Game Procedures:
- “In this game, everybody is it! There will be two teams, the thinkers and the feelers, but you must wait to reveal which team you are on until the game begins.”
- Instruct the students to consider whether they are primarily a thinker or a feeler. “If you make most decisions with your head, you will place a hand on top of your head when the game begins. (Not yet!) If you make most decisions from your heart or instincts, you will place one hand on your belly button.” (Demonstrate this.)
- Point out the boundaries for play.
- The object of the game is to win people onto your team by gently tagging them. When a person is tagged, he or she switches the hand from head to belly, or belly to head.
- Tagging may take place on the back only.
- On the teacher’s cue, everyone places one hand to head OR belly and the game begins!
- Stop the game when everyone is on the same team, and then play several more rounds or as long as it is fun! (If teams are very uneven, you can ask a few students to volunteer to switch to the other team for the next round to make it more fair/fun.)

Debriefing: Discuss Briefly in Pairs:
- Sometimes frustration is a sign that we are unbalanced, stuck in either our heads (thoughts), or stuck in our emotions (feelings).
- What are the advantages of using your rational thoughts (thinker) to make decisions?
- What are the advantages of using your feelings or emotions to make decisions?
- Can you think why using only one might get you into trouble?
- Why draw on both your thoughts and your feelings?

For more great Project Adventure activities go to http://www.PA.org