

# Caring for Ourselves

## Heads Down, Thumbs Up Game:

- 1 Everyone gets seated. Select 7 volunteers (or whatever number you'd like) to come to the front of the classroom.
- 2 Everyone sitting puts their head down and closes their eyes, then lifts one thumb up in the air when teacher calls "Heads Down, Thumbs Up".
- 3 The 7 volunteers sneak around the room and turn 7 peoples thumbs from UP to DOWN.
- 4 Teacher calls "Heads Up Seven up!". Those now with their thumbs down have to guess who turned their thumb.
- 5 People who guess right get to be a volunteer for the next round.
- 6 Repeat game 4 times!

