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!