



ACTIVITY: 'UNDERDUCK BREAKOUT'

TIME: 15+ minutes
SIZE: Large groups
SPACE: Clear space to form a large circle
RESOURCES: Deck of playing cards (optional)

NB: This activity involves bodily contact, so be mindful to read the instructions before deciding whether or not it is suitable for your students.

The aim is for students to participate in an amusing activity that makes its players look a little ridiculous.

The result should be discussion about healthy perspective-taking and lightening up, and that a healthy Sense of Humour can involve both giving and taking amusement.

1. Using the playing cards (or another method of your choosing) divide the class so that one-third is separated from the remaining two-thirds. Have the one-third stand in the middle and the two-thirds form a circle around them, with hands on their neighbour's shoulders.
2. Those in the middle are 'underducks'. The surrounding circle is the human 'pen'.
3. Explain that underducks are nocturnal and short, so those playing underducks must keep their eyes closed at all times, and must squat and grasp their calves or ankles. They can only walk backwards (i.e. leading with their bottoms) and, in captivity, can only quack softly.
4. The underducks crave freedom, and have learned of a gap in the pen. Ensuring the underducks have their eyes closed, have two students in the outer circle **silently** step apart to form a metre-wide gap.
5. The blind underducks now must waddle around trying to find the gap and freedom. When they do make it 'out' they are free to quack more loudly and so inform their kin of the escape route.
6. The game finishes when all the ducks have escaped (or you run out of time).
7. The students playing the pen can make it harder by constantly moving clockwise or counter-clockwise so the gap is never in the same place for long.
8. Have a few rounds so that everyone gets a chance to play as underducks.



DISCUSSION SUGGESTIONS

- What were you saying to yourself when the activity rules were announced? Was this self-talk helpful during the activity? Did it change? Why/why not?
- How do you feel about the activity now that it's done? Was it fun?
- Have you ever refused to do something because you thought it would be dull or stupid, only to attempt it and find it was, in fact, quite enjoyable?
- What is the difference between laughing with someone, and laughing at them?
- When is it appropriate to laugh at yourself? When is it not? What is the difference between lightly laughing at yourself and speaking harshly to yourself?
- Why is it important to try new things and keep growing your Sense of Humour?