



I love Fred Rogers' quote that, "for children, play is serious learning." As the research says, creative play really is the language of childhood. No matter the topic covered, I have found that as long as the lesson involves a bit of art, role-playing, games, and some freedom of movement, students are engaged. Thus, the creation of Twisted Jeopardy. "Twisted" because this game is a variation of the popular game show known as Jeopardy. Rather than players answering with questions, in this game they answer through acting, drawing, imagining, taking risks, and problem solving as a team. I hope that your students enjoy this activity, having serious fun learning! This Mindfulness Lesson can be used stand-alone, as an introduction to mindful coping skills, and/or in conjunction with the Mind-Up Curriculum.

