

## **TEAM WELLNESS BOGGLE INSTRUCTIONS**

1. Working groups divide up into pairs (it's okay to have 3 in a group if you have an uneven number).
2. Each pair decides on a team name (ex: Fit Frogs) and writes the name on the whiteboard (give your group 2 minutes to do this).
3. In a few minutes, you will be given a grid with letters on it.
4. When your group facilitator says "go," you can begin to look for words that relate to wellness (words can be vertical, horizontal, or diagonal).
5. When you find a word that relates to wellness, circle the word on your grid. Your score for each word is the number of letters squared (ex: fruit has 5 letters, so 5 squared equals 25 points)
6. Immediately go to the whiteboard and write "25" under your team name.
7. Continue searching for wellness words – each time you find a new one, circle it, square the number of letters and write your score under your team name.
8. After 5 minutes, your group facilitator will say "stop."
9. Go to the whiteboard and add up the points that your team has accumulated.
10. The team with the greatest number of points wins!

### **ADDITIONAL INSTRUCTIONS**

11. Only one person (in each pair) can be out of his/her seat at a time.
12. Partners must alternate when writing scores on the board (partner #1 writes one score and returns to seat, partner #2 writes the second score and returns to seat, etc.).
13. When you go to the whiteboard, you can only write one score at a time (the goal is to make you more active!)
14. **You may now hand out the grids and begin timing.**
15. **When 5 minutes has passed, say "stop."**
16. Teams add up only numbers that have been written on the board.
17. The pair with the highest point total wins – **TELL THEM THEY WILL BE TRIPLE-ENTERED IN THE DOOR PRIZE DRAWING AT LUNCH!**

### **ATTN: FACILITATORS**

**YOU MUST PUT THE WINNING NAMES IN DEBBIE GORMAN'S MAILBOX (IN THE HIGH SCHOOL GUIDANCE OFFICE) BY 9:15 A.M.!!!**