



# Loop



## ACTIVITY GUIDE

*Mind Control*

Week 2: Control Your Emotions

### Color Quiz

A fun way to show how reacting isn't as effective as responding.

### Activity Objective

Draw the right color stick—without looking.

### You'll Need

- Green, Yellow, Blue, and Red craft sticks (2 of each per group)

## Instructions

1. **Choose** two students to volunteer to start this game.
2. The two volunteer students **sit** facing one another.
3. **Give** the students one of each color of craft stick: one green, yellow, blue, and red.
4. **Say:** Let's pretend each craft stick represents an emotion. Like this:
  - Green = Peaceful
  - Yellow = Happy
  - Blue = Sad
  - Red = Angry
5. Have students place the craft sticks in front of them.
6. Say a color and emotion. Then, quickly say, "1, 2, 3, show me!"
7. Both students hold up the colored stick that matches the color and emotion you said.
8. **Say:** Yeah, so, of course you both got it right! See how easy it is when you *respond* by looking for what you need to show? But, wait. **You didn't think our Loop game was gonna be that easy, did you?** Let's see how easy it is when we choose to *react* without thinking and looking at the situation first.
9. This time, students **hold the craft sticks behind their backs**.
10. Say a color and emotion, quickly count to three, and have students try to pull out the matching craft stick without looking.
11. If students matched, celebrate with wild applause!
12. If not, reset and immediately try again.
13. After a few rounds, see if any other students want to try the color quiz, and repeat steps 9-12, permitting as many students as time allows to play.