

Beavers Teamwork Challenge Award

Show That You Are A Good Friend

Fingers of Encouragement (FOE)®

By Samantha Eagle

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Show That You Are A Good Friend

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Overview

The children will play a game that will teach them the meaning of foe as a friend. By playing this game they will discover the joy of friendship and encouragement.

Materials Needed

- Tape
- 1 x Felt pen for each child any colour
- The “Pal Hand” – found in this document

Preparation Before The Meeting

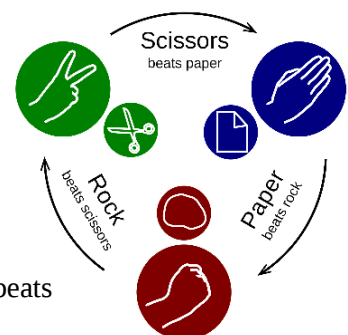
1. Print out the ‘Pal Hand’ – found in this document, you need one for each child

Preparation At The Meeting

1. Tape one ‘Pal Hand’ to the back of each child and give them a felt pen (a felt pen will easier to write with when paper is stuck on a back)

Directions/ Speak

1. **Speak** – The last task you need to do for your ‘Teamwork Challenge’ badge is to ‘Show that you are a good friend’. So we are going to do a little activity that will spread goodness and friendship all around this room. This activity is called, “Fingers of Encouragement”
2. **Speak** – Notice that all of you have a “Pal Hand” taped to your back. This is the canvass of friendship, because you are going to write encouraging words on it as we play the game
3. **Speak** – The goal is for you to fill all five fingers of the “Pal Hand” with words of encouragement
4. **Speak** – I want everyone to find a partner you are going to play rock-paper-scissors with you’re your partner.
5. **Action** – Show the children how to play rock, paper scissors...
 - a. Each child clenches their fist like a rock then changes randomly between from this to a paper shape (hand straight out) and a scissor shape (two fingers pointing)
 - i. Stone beats scissors, scissors beat paper, and paper beats stone.
6. **Speak** – The child who wins writes a phrase of encouragement on one of the fingers of the defeated opponents ‘Pal Hand’. These words are meant to cheer up the defeated opponent so that he/she will do better next time. It can be a simple phrase like “You can still make it”, “You are capable” or “Go for it!”
7. **Speak** – Once you’ve played with one partner go around and play with a different partner until all your fingers on your “Pal Hand” have been marked with words of encouragement. Yes, your goal is to get defeated five times.
8. **Direction** – When everyone’s “Pal Hand” is completely filled out, gather the children



9. **Speak** – Now that you are all done, pair up with a partner and take off each others pal hand. Then in turn read the words written on it. Listen to these words carefully
10. **Speak** – Remember Beavers, what we did is not to down those who have lost in one game. We did this to impart to you that losing is not the worst thing as long as you have friends to back you up, and encourage you
11. **Speak** – To all those who experienced winning, you were instructed to write words of encouragement to the “Pal Hand” of those who have been defeated because it is the best thing to do. That just shows that you are being a good friend.
12. **Speak** – To all those who experienced losing, you felt good upon knowing the words of encouragement right? That is the joy of having friends – they help you breakthrough. That’s the importance of the relationship called, friendship.
13. **Speak** – Give your Pal hand to a friend when you go home, to cheer them up.
14. **Direction** – Gather everyone get them to hold up their ‘Pal Hands’ and take a picture to remind them in the future.

