

Activity Adaptations for Social Distancing

TGFD Grade 5

General Activity Adjustments

Paired and Group Activities - Workbook activities that instruct the students to work with a partner or in small groups can be done individually or as a class. Instead of collecting the student workbooks at the end of each lesson, ask the students to keep their workbooks in their cubby or desk.

Role Plays - Select student volunteers to read the scripts aloud from their desks.

Move-around-the-room Activities that require the students to stand by a display card to indicate their answer can be done with the students remaining at their desks. Display the cards on the board at the front of the room and assign a movement to each card such as **Stand Up, Raise Your Hands Above Your Head, Make a Silly Face, and Put Your Head Down on the Desk**. Write the movement above the corresponding card on the board. Read the scenarios aloud to the students and ask them to show their answers by doing the movement at their desks.

Adjustments by Lesson/Activity

Lesson 2 Rocket Science: *Making Responsible Decisions*

Activity 3: One Minute to Launch

Play **One Minute to Launch** as a class. Shuffle the Mission Cards and place them on a table at the front of the room. Distribute one set of Choice Cards to each student, so that each student has a YES, NO, and MAYBE Choice Card. Read a Mission Card aloud to the class and have the students choose one Choice Card. Say, "Go" and have all students select a card and raise it in the air. Select a few students to share why they chose to make that decision. Discuss the positive and negative consequences of the decisions. Continue to play the game as time allows.

Lesson 5 My Flight Crew: *Bonding and Relationships*

Activity 3: The Buddy System

Play **The Buddy System Junior** as a class. Select one student volunteer to be the Friend in Need. Ask this student to leave the room or to cover their ears and put their head down so they cannot hear or see which classmates provide an answer. Then read a Buddy System Junior Scenario Card to the class. Select five students to share one friendship quality they would offer the Friend in Need. Each student should provide a different quality. Quickly write these answers on the board. Then, ask the

Friend in Need to come back into the classroom or uncover their ears and lift their head. Ask the Friend in Need to pick a quality from the board to help them in their situation. Once the Friend in Need chooses an answer, the student who gave this answer becomes the Friend in Need. Continue to play the game as time allows.

Lesson 6 Prescription for Life: *Safe Use of Prescription and OTC Medicines*

Activity 3: Cosmic Cleanup

Play **Cosmic Cleanup** as a class. Using a projector, display a Cosmic Cleanup Game Board from workbook pages 18-19. Set up and play the game as indicated in the teacher's script. Roll the die, move the game pawns, and read the game cards aloud to the class. Select a student volunteer to answer the questions on the cards and allow the students to choose where to move. To win the game, the class must get all of the game pawns to the Flight Deck Home Spaces before the Inspector's Travel pawn reaches the Game Over circle.

Lesson 7 Decompression: *Peer-Pressure Refusal*

Activity 3: Space Walk

Play **Space Walk** as a class. To set up the game, write the number 1 on the front of each card in the bottom left corner on one deck. On another deck, write the number 2 on the front bottom left corner of each card. Then shuffle the two decks together. Deal five cards to each student. Have the students review their cards and match a Scenario Card to its corresponding Strategy Card.

Gameplay will begin with a student on one side of the classroom and proceed with each student row by row or table by table. On a student's turn they will say the name of a student and ask them for either a Scenario Card or Strategy Card. If the other student says they have the card, both students remove the matching cards from their hands and place them on their desk. The player to put down all their cards first, wins.

Lesson 8 System Malfunction: *Effects of Alcohol Use*

Activity 3: Weak Expectations

Present workbook page 24 **Refuse to Use** as a class. Go through the scenarios aloud together. Roll the Refuse to Use Cube for the class. Allow time for the students to write down their answers and discuss them with the class.

Activity 2: Space Race

Play **Space Race** as a class. To set up the game, display a Space Race Game Board using a projector. Divide the class into two teams to play from their seats and assign a game pawn to each team. Place the game pawns in the Space Ship space on the game board. Place the deck of Challenge Cards face down on the table next to the game board. Deal the Goal Cards to each team so each team has the same amount of cards. Then, without looking at them, randomly place each of the Skill Cards face down on a planet, asteroid, or space station. To play the game: At each team's turn, roll the die, ask the team the direction they want to move, and move the team's pawn the designated number of spaces on the board. Once a team lands on a space with a Skill Card, pick up the card, read it aloud, and ask the team if they have the matching Goal Card. The first team to match all of its Goal Cards and Skill Cards correctly, wins.