Evolution Arena

The vibe: three fast, loud, everybody-plays games, fully indoor, zero materials. Win like a champ, lose like a legend. Character trait today: **Self-Management** (controlling how you react to winning and losing, and resetting fast).

1 · Evolution (6–21 min) — RPS your way up the ladder

Ladder Egg (crouch, waddle) → Chicken (flap, cluck) → Dinosaur (stomp, roar) → Robot (stiff walk, beep) → Superhero (cape pose, whoosh). Teach all five motions in 20 seconds.

Play Duel only your own stage. Win = evolve up, lose = devolve down. Eggs cannot go lower; Superheroes stay and cheer. Freeze near the end and count the Superheroes, big cheer for the crew.

Diff 6-8: squad point for every member who reaches Superhero at the freeze; "challenge down" twist round. Simpler/mixed: use 3 stages, coach motions aloud, nobody stuck.

2 · Cheer-Train Tournament (21–36 min) — losing makes you louder

Play Pair up, one duel. Loser lines up behind the winner and chants their name. Winners find winners; the loser's whole train joins the winner's. Crowds grow to two giant trains and a final duel.

Teach the chant first: "when you lose, you cheer, loud and proud." Keep winners finding winners so trains do not stall. Milk the final (best of three, big countdown), then cheer both finalists.

Diff 6-8: final earns squad points, crowds invent a team chant. Simpler/mixed: single duels, run two smaller tournaments side by side if crowds get big.

3 · Ninja Showdown (36–50 min) — one motion, last ninja wins

Play Circle, ninja pose. One swift motion per turn to tap a hand; target gets one dodge; everyone freezes after. Tapped hand goes behind the back; two hands out = you become a judge. Last ninja standing wins.

Safety Open hands only, tap the hand not the body, no grabbing. Judges (kids who are out) help enforce the one-motion rule.

Diff 6-8: split into arena circles, winners meet in a championship circle; sudden-death no-freeze rule for the last two. Simpler/mixed: one life, smaller circles, slower pace.

4 · Finale + Wristband (50–60 min)

Crown the Superheroes, the Cheer-Train champ, and the last ninja. Tally squad points if used. Give the **"Lose Like a Legend"** award to the best bounce-back attitude, then one group cheer.

Award the **Self-Management** trait wristband to kids who kept their cool after a loss, cheered a rival, or reset fast.

Bank If a game stalls or the room is tight: Samurai (sword circle), Giant RPS (whole-body team RPS), RPS Freeze (move, freeze, duel, cheer). All zero materials.

Today's one line (say it together before you start): "I win like a champ, I lose like a legend, and I always get back in the game."