

# Escape Room - Positivity Quest

Grade Three & Four



To complete a series of challenges focused on positivity, courage, creativity, kindness, and teamwork in order to unlock the final code and escape the "Realm of Positivity."



## Learning Intentions

**I can demonstrate courage and resilience by facing challenges:**

Students will engage in activities that encourage courage, helping them build confidence and resilience.

**I can work collaboratively to solve problems and complete challenges:**

Through teamwork, students will practice communication, problem-solving, and working together to reach a common goal.

**I can spread kindness and positivity, both to others and to myself:**

Students will engage in active listening, which helps build empathy and understanding of others' experiences.



## Success Criteria

**I can participate actively in each station, contributing to my team's success:**

Students demonstrate teamwork and active participation, ensuring they contribute to each challenge.

**I can reflect on my personal strengths and share them with others:**

Students will take time to reflect on their personal strengths and share their achievements and challenges with their peers.

**I can support my teammates, fostering a positive and collaborative environment:**

Through empathy and encouragement, students will create a positive atmosphere where everyone feels supported and valued.



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**Objective:** To complete a series of challenges focused on positivity, courage, creativity, kindness, and teamwork in order to unlock the final code and escape the "Realm of Positivity."

## Materials Needed:

- A deck of playing cards (for the final riddle).
- Printed challenge guides for each station.
- Printed puzzle pieces for each team (available in the PDF resource section).
- Obstacle course materials (chairs, desks, cones, etc.) for Station 2.
- Sticky notes and pens for gratitude notes.
- Exercise materials for physical challenges.
- A "magical key" template (optional, can be created or printed).

## Setup:

### 1. Divide the Class into Teams:

Teams of 4-6 students will complete each challenge together.

### 2. Create Activity Stations:

Set up four stations, each focused on one of the positive qualities: Courage, Connection, Kindness, and Resilience. Print out 'Station Guides' and place them at each station.

### 3. Teacher Station:

The teacher will have a set of puzzle pieces to give to each team upon completion of each station. These puzzle pieces will be assembled at the end to unlock the final escape code.

## Gameplay Instructions:

### Station 1: Courage Cavern

**Goal:** Embrace bravery through a shared challenge.

#### Challenge:

##### 1. Individual "Fear-Busting" Challenge:

Each team member selects a small challenge to complete, such as:

- Sharing a hidden talent.
- Performing a silly dance or singing a few lines from a their favourite song.
- Saying something positive about themselves.

The team cheers each member on, promoting a supportive and safe environment.

##### 2. Synchronised Group Activity:

After individual challenges, the team must perform a synchronized activity (e.g., a group cheer, hand gesture, or pose).

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## Final Escape Puzzle Piece:

After completing the individual and group challenges, the team earns their first puzzle piece from the teacher.

## Station 2: Connection Forest

**Goal:** Strengthen bonds with each other.

### Challenge:

#### 1. Connection Circle:

Each student writes a unique fact about themselves (e.g., something funny or surprising) and folds it up and places it in the middle of the group. The team opens them one at a time and guesses who each fact belongs to.

#### 2. Trust Walk:

One team member is blindfolded, and the rest guide them through a small obstacle course using verbal cues only, no touching the blindfolded student. Each member gets a turn being guided and guiding others.

## Final Escape Puzzle Piece:

After completing both activities, the team receives their second puzzle piece.

## Station 3: Kindness Lagoon

**Goal:** Spread kindness and appreciation.

### Challenge:

#### 1. Write a Positive Note:

Each person writes a positive note for another teammate, expressing appreciation or acknowledging something they admire about that person (e.g., "You always make everyone laugh," or "You're great at helping the team stay focused").

#### 2. Acts of Kindness:

After writing the notes, each team member performs a simple act of kindness towards the other teams playing the game: They can choose one of the following:

- Go and give a high five to someone and give them a verbal complement.
- Draw a picture for another person that depicts their friendship or something they love to play with them.
- Write a short letter to someone that explains what they admire about them.

These quick and thoughtful actions will bring positivity to the whole class and a sense of support and connection to the group.

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### 3. Celebratory Exercise:

After performing acts of kindness, the team does 10 star jumps together to celebrate the kindness shared.

### Final Escape Puzzle Piece:

Upon completion, the team gets their third puzzle piece.

### Station 4: Resilience Mountain

**Goal:** Persevere through a physical and mental challenge.

#### Challenge:

##### 1. Resilience Relay:

Complete three rounds of the following exercises:

- **Round 1:** 15-second plank hold.
- **Round 2:** 10 star jumps.
- **Round 3:** Group balance activity where all members stand on one leg, high up on their toes, for 10 seconds while supporting each other.

##### 2. Goal-Setting Reflection:

After completing the physical challenges, students reflect on one personal goal they are determined to achieve at some point in the school year, this can be school related or something outside of school. Students must write it down and share with their team.

### Final Escape Puzzle Piece:

The team earns their fourth puzzle piece upon completion.

### Final Challenge:

Once all stations are complete, teams return to the Teacher Station, the teacher will give them one final puzzle piece, which, when combined with the others, will unlock the final code.

### Goal:

Teams that correctly assemble the puzzle together will "escape" the Realm of Positivity and restore balance to the mystical world.

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## Modifications:

- **Short on Time:**

Adjust the challenges to be shorter or complete only one activity per station.

- **Alternate Puzzles:**

Use brainteasers, riddles, or other team-building challenges in place of physical exercises to fit different groups or settings.

- **Debriefing:**

At the end of the activity, have students reflect on their experiences, what they learned about courage, connection, kindness, and resilience, and how they can apply these lessons in their daily lives.

## Additional Notes:

"Escape Room - Positivity Quest" combines elements of physical activity, mindfulness, and teamwork to encourage a positive mindset in students. By completing the challenges, students learn about important qualities like courage, empathy, and resilience, and they are reminded of the power of positivity in their lives. This activity promotes self-awareness, collaboration, and the understanding that challenges can be overcome with support and positivity.

# Escape Room Theme: "Realm of Positivity Quest"

## Station 1: Courage Cavern



### 1. Fear-Busting Challenge

- Pick one challenge to show your bravery:
  - Share a hidden talent (like a dance move, a joke, or a quick song).
  - Perform a silly dance for your team.
  - Say one thing you like about yourself or a recent accomplishment.
- Cheer each other on to create a safe and fun space!

### 2. Group Activity

- Come together for a team activity:
  - Create and chant a fun group cheer.
  - Do a synchronised gesture, like a "wave" or team high-five.
  - Strike a confident team pose.

You've conquered the Courage Cavern—well done!

# Escape Room Theme: "Realm of Positivity Quest"

## Station 2: Connection Forest



### 1. Connection Circle

- Write down one fun or surprising fact about yourself on a piece of paper.
- Place the facts in the centre. Take turns reading them out loud and guessing who they belong to.

### 2. Trust Walk

- One team member wears a blindfold, and the rest guide them through an obstacle course using verbal directions like "step left" or "move forward."
- Take turns being the guide and the blindfolded teammate to build trust.

Great teamwork—you've completed the Connection Forest challenge!



# Escape Room Theme: "Realm of Positivity Quest"

## Station 3: Kindness Lagoon



### 1. Write a Positive Note

- Write a kind note for a teammate. Share something you admire or appreciate about them.

### 2. Acts of Kindness

- Choose one way to spread kindness:
  - Give someone a high-five and a compliment.
  - Draw a picture showing your friendship or a fun activity you love doing together.
  - Write a short letter sharing what you admire about someone.

### 3. Celebratory Exercise

- Finish with 10 star jumps as a team, cheering loudly to celebrate your kindness and teamwork.

You've spread positivity—kindness champions!

## Escape Room Theme: "Realm of Positivity Quest"

### Station 4: Resilience Mountain



#### 1. Resilience Relay

- **Round 1:** Hold a plank for 15 seconds as a team. Stay focused and encourage each other!
- **Round 2:** Perform 10 energetic star jumps together. Cheer each other on!
- **Round 3:** Stand on one leg, high on your tippy toes, and link hands on teammates' shoulders. Stay balanced for 10 seconds by working together.

#### 2. Goal-Setting Reflection

- Sit as a team and share one personal goal you're determined to achieve.

You've conquered Resilience Mountain—keep aiming high!

