

# Escape Room - The Four Elements

Grade Three & Four



To navigate through the four elemental challenges—Earth, Air, Fire, and Water —by completing tasks focused on well-being qualities such as self-awareness, empathy, teamwork, and resilience. Teams will collect puzzle pieces to "escape" the room by creating a final story with the emoji clues collected at each station.



## Learning Intentions

**I can identify and reflect on my personal strengths:**

Students will work on self-awareness and identify what strengths they bring to their team.

**I can collaborate with others to solve problems and overcome challenges:**

Through teamwork and shared tasks, students will develop communication, empathy, and cooperation skills.

**I can persevere through challenges and be adaptable:**

Students will engage in physical and mental challenges that promote resilience and flexibility.



## Success Criteria

**I can actively contribute to the group's success by sharing my strengths and supporting others:**

Students participate fully in each task, offering ideas and encouragement to teammates.

**I can complete each challenge, building teamwork and showing resilience:**

Students work through each station successfully by staying focused, supportive, and collaborative.

**I can create a final story using the clues and share it with the group:**

Students are able to use the emoji clues to create and tell a story that demonstrates their learning.



# Escape Room - The Four Elements

Grade Three & Four



**Objective:** To navigate through the four elemental challenges—Earth, Air, Fire, and Water—by completing tasks focused on well-being qualities such as self-awareness, empathy, teamwork, and resilience. Teams will collect puzzle pieces to "escape" the room by creating a final story with the emoji clues collected at each station.

## Materials Needed:

- **4 Elemental Station Guides** (printed challenge guides in PDF).
- **2-3 balls** (dodgeballs, soccer balls, volleyballs, or any ball for physical challenges at Station 3).
- **Tower-building materials** (e.g., books, playing cards, Jenga blocks, plastic cups, or any suitable classroom materials).
- **Printed emoji resource sheet** (for the final story). Cut them out into single emoji cards.
- **Pen and paper** (for drawing and writing at Station 4).
- **Props for obstacle course** (chairs, desks, cones, or anything for Station 2).
- **Timer** (optional for timed challenges).

## Setup:

### 1. Divide the Class into Teams:

Organise students into teams of 3-5 participants.

### 2. Prepare 4 Elemental Stations:

Set up stations around the room for the four challenges: Earth, Air, Fire, and Water.

### 3. Teacher Station:

The teacher holds the printed emoji cards for each team. After completing each challenge, teams will earn two emoji cards to help create their final story.

## Gameplay Instructions:

### Station 1: Earth's Grounding Challenge

*Goal: Build self-awareness and grounding.*



# Escape Room - The Four Elements

Grade Three & Four



## Challenge:

### 1. Identify Personal Strengths:

Each team member writes three words that describe their personal strengths (e.g., "creative," "kind," "determined"). Once everyone has chosen their words, each member shares their three words with the group. This encourages self-reflection and gives the team insight into each person's unique qualities.

### 2. Team Tower of Balance:

After sharing strengths, the team works together to build a "tower of balance" using available materials such as blocks, plastic cups, playing cards or books.

The goal is to stack as many items as possible without toppling the tower. Team members take turns placing an item, focusing on careful movements and maintaining stability.

If the tower falls, they can rebuild as many times as needed until they achieve a stable tower, promoting patience, collaboration, and grounding.

Set a tower height requirement (e.g., height of a table).

## Reflection (Optional):

After the tower is built, students reflect on how their individual strengths contributed to the success of the challenge.

## Final Escape Emoji:

Once the tower is completed, the team receives two emoji cards from the facilitator.

## Station 2: Air's Connection Challenge

*Goal: Foster empathy and listening.*





# Escape Room - The Four Elements

Grade Three & Four



## Challenge:

### 1. Share Moments of Happiness and Resilience:

Each team member takes a turn sharing two things with the group:

- **One thing that makes them feel happy** (e.g., spending time with family, enjoying a favorite hobby, or being in nature).
- **One recent challenge they have overcome** (e.g., learning something new, managing a busy schedule, or working through a tough situation).

Encourage everyone to listen carefully, without interrupting, and to give their full attention to each speaker.

- After each team member shares, the rest of the team must complete the “my teammates” cards (resource attached).

This activity emphasizes empathy and respect, helping team members connect on a deeper level by understanding each other's joys and challenges.

## Final Escape Emoji:

Once all students have shared their moments they are to take their completed “My Teammates” cards to the facilitator who will provide two emoji cards for the final story.

## Station 3: Fire's Resilience Challenge

*Goal: Encourage resilience and teamwork.*

## Challenge:

### 1. Mini Relay Race:

The team works together to complete a relay race made up of three endurance challenges. Each team member must participate in each activity, and if anyone drops the ball (literally or figuratively!), the team has to restart that section. This builds resilience and encourages them to persevere as a group.

- **Challenge 1:** 10 jumping jacks.
- **Challenge 2:** 15-second plank hold.
- **Challenge 3:** Passing a ball without hands (elbows, knees, or any creative method).

### 2. Human Alphabet:

Using nothing but their bodies as props students need to create the shape of the letters in each team members initials one at a time (first and last name, eg. BM for Ben Matthews). Students need to re-create the letters lying on the floor, the initials need to be created so that they can be read from a birds eye view. This step encourages teamwork, communication and creativity amongst the team.





# Escape Room - The Four Elements

Grade Three & Four



## Reflection (Optional):

After the relay and alphabet challenge, students reflect on moments when teamwork and resilience helped them succeed.

## Final Escape Emoji:

The team earns two emoji cards for completing the relay and alphabet challenge.

## Station 4: Water's Flexibility Challenge

*Goal: Cultivate adaptability and creativity.*

### Challenge:

#### 1. Collaborative Drawing:

Each team member takes a turn adding to a group drawing. One person starts with a simple shape or line, and each subsequent person adds their own element, transforming it into something unique. The goal is to "flow" with what's already on the paper and adapt their ideas to complement the evolving image. Each student needs to have two separate attempts to add to the picture, the piece of art gets passed around each group member twice. The team needs to give their drawing a title to add to their piece of art.

#### 2. Storytelling Challenge:

Team members build a story together by adding one line or sentence at a time. The first person begins the story, and each member adds their own twist or detail, following the theme but allowing creativity to flow naturally. The written story should be one sentence in length from each team member, eg. 4 team members equates to a four sentence story. Students take it in turns adding one sentence at a time.

## Reflection (Optional):

After the drawing and story are completed, students reflect on how they adapted their ideas to compliment others' contributions.

## Final Escape Emoji:

Once the drawing and story are complete, the facilitator provides the final two emoji cards.



# Escape Room - The Four Elements

Grade Three & Four



## Final Challenge:

After completing all four elemental stations, teams use their eight emoji cards to create a story. The story can be about anything the team decides, or the teacher can give them a specific theme. Once the story is complete, they share it with the teacher (or the whole class).

## Escape:

The teacher will reward each team with a "crystal key" or "portal pass" (provided in the resource section or made by the teacher) when they successfully complete the final story and "escape" the realm.

## Modifications:

- **Time Constraints:**

Shorten the activities or complete one task per station if time is limited.

- **Additional Challenge:**

Add a bonus "Spirit" station focusing on positive affirmations or gratitude exercises.

## Additional Notes:

This escape room experience encourages students to explore their strengths, work collaboratively, and reflect on personal qualities like courage, empathy, and resilience. It's a dynamic, engaging way to practice important life skills while also promoting well-being and teamwork in a fun and interactive environment.



# Escape Room Theme: "The Four Elements Quest"

## Station 1: Earth's Grounding Challenge



### 1. Identify Personal Strengths

- Think of three words that describe your personal strengths.
- Share your words with the group to celebrate your unique qualities and reflect on how you contribute to the team.

### 2. Team Tower of Balance

- Work together to build a tower using blocks, cups, cards, or books. The goal is to make it higher than a 30cm ruler (or any set height you choose).
- Take turns placing items carefully. If the tower falls, rebuild it! Keep trying until it's stable.

### 3. Reflection (Optional):

Talk about how your individual strengths helped with building and balancing the tower. What did you learn about teamwork and patience?





# Escape Room Theme: "The Four Elements Quest"

## Station 2: Air's Connection Challenge



### 1. Share Moments of Happiness and Resilience

- Each team member shares two things:
  - One thing that makes them feel happy
  - One recent challenge they've overcome
- Listen carefully and give your full attention to each person as they speak.

### 2. Positive Support and Acknowledgment

- After each person shares, the rest of the team offers support through small gestures like nodding, smiling, or saying, "That's awesome!"
- Fill out the "my teammates" cards (provided) to express positive thoughts or encouragement.

### 3. Reflection (Optional):

Discuss what you learned about each other—did you find any similarities or new things to appreciate about your teammates?

# Escape Room Theme: "The Four Elements Quest"

## Station 3: Fire's Resilience Challenge



### 1. Mini Relay Race

- Complete these fun challenges together:
  - 10 Jumping Jacks
  - 15-Second Plank
  - Pass the Ball Without Hands (don't use the same body part twice)
  - Human Alphabet (use your bodies to make your team's initials on the floor)

### 2. Team Support

- Cheer each other on and keep going, even if you need to restart!

### 3. Reflection (Optional):

Talk about how you worked together and what helped you keep going.



# Escape Room Theme: "The Four Elements Quest"

## Station 4: Water's Flexibility Challenge



### 1. Collaborative Creation:

- **Drawing Challenge:** Take turns adding to a group drawing, building off each other's ideas. Each person adds twice.
- **Storytelling Challenge:** Create a team story, with each person adding one sentence at a time.

### 2. Adaptability in Action

- Be flexible and creative as you build something together!

### 3. Reflection (Optional):

Talk about how you adapted to each other's ideas and what surprises came up.