

Escape Room - The Laboratory

Grade Three & Four



Engage students in a series of well-being challenges that focus on mindfulness, physical activity, gratitude, teamwork, and empathy to "escape" the School of Play Laboratory. Teams will work together to complete challenges and solve riddles that help them unlock the final answer and restore balance in the classroom.



Learning Intentions

I can work collaboratively with my team to solve challenges:

Students will develop teamwork and communication skills while working together to solve the riddles and complete physical activities.

I can improve my physical well-being by completing fitness and movement challenges:

Through physical activity stations, students will engage in movement, fostering both physical fitness and mindfulness.

I can reflect on personal strengths and how to support others through gratitude and empathy:

Students will practice gratitude, empathy, and encouragement by sharing positive words with others, boosting self-esteem and emotional well-being.



Success Criteria

I can contribute to my team's success by participating fully in each station:

Students demonstrate active participation and engagement in each station, helping their team move forward through the challenges.

I can practice mindfulness, physical activity, and reflection to complete challenges:

Students effectively practice mindfulness techniques and complete the physical challenges, reflecting on their experiences.

I can decode clues and contribute to solving the final riddle:

Students collaborate to solve clues, learning the importance of teamwork and critical thinking.



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Objective: Engage students in a series of well-being challenges that focus on mindfulness, physical activity, gratitude, teamwork, and empathy to "escape" the School of Play Laboratory. Teams will work together to complete challenges and solve riddles that help them unlock the final answer and restore balance in the classroom.

Materials Needed:

- Printed Station Guides card for each station (available in the PDF resource section).
- Printed copies of the riddle clues (enough for one per team).
- Printed copy of the final riddle (enough for one per team).
- Small puzzles or images to be used for the Team-Building Puzzle station (available in the PDF resource section). Print out and cut out individual puzzle pieces, place in separate team envelopes or plastic pockets (be organised with this one).
- Sticky notes and pens for the Empathy and Kindness Challenge.
- A space to create five stations for each challenge.

Setup:

1. Divide the Class into Teams:

Teams of 4-6 students work together to complete each station.

2. Create Activity Stations:

Set up five different stations around the room. Each station will focus on a different aspect of well-being (mindfulness, gratitude, physical activity, teamwork, and empathy). Place relevant Station Guide at each station.

3. Teacher Station:

The teacher will provide clues to the teams as they complete each station. After finishing each station, the team will be given a clue to help solve the final riddle.

Our advice is to explain the whole concept to the students as a group before starting the activity, go through each station and explain the challenges to the group as a whole, this will help the flow of the activity once the game is started.

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Gameplay Instructions:

Station 1: Mindfulness Zone

Goal: Focus and calm your mind.

Challenge:

1. **Balance on One Foot (Eyes Closed):** Each team member must balance on one foot with their eyes closed for 10 seconds. If they fall before the 10 seconds are up they must start again.
2. **Mindful Breathing Exercise:** Team members take turns leading a 20-second mindful breathing exercise, guiding the group through breathing in and out slowly, focusing on the breath (we have provided examples of these you can print out and give to the students, these are found in the resource section of the activity PDF).

Reflection:

After completing both activities, students share how they feel (calm, relaxed, focused, etc.).

Clue for Station 1:

The first clue: "I have 2 different colours."

Station 2: Gratitude Circle

Goal: Reflect on what makes you grateful.

Challenge:

3. Each student writes down one thing they are grateful for on a sticky note.
4. Each student then shares with their team members what they wrote down.
5. After everyone has shared, the team performs 10 Star Jumps together to celebrate their gratitude.



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Reflection (Optional):

Students discuss how expressing gratitude makes them feel.

Clue for Station 2:

The second clue: "I have 4 different suits in my pack."

Station 3: Physical Activity Challenge

Goal: Energise your body.

Challenge:

Each student completes the following:

1. **10 Lunges:** 5 lunges per leg.
2. **20-Second Plank:** Keep the body in a straight line from head to heels.
3. **10 Squats:** Keep knees behind toes, heels on the ground, and back straight.

Reflection:

Team members cheer each other on and encourage teammates to finish all the exercises together.

Clue for Station 3:

The third clue: "I am fun to play with and I can be used to play heaps of different games."

Station 4: Team-Building Puzzle

Goal: Collaborate and communicate.

Challenge:

4. Teams are given a small puzzle or image related to well-being or teamwork.
5. They must complete the puzzle in complete silence, using only hand, facial or body gestures to communicate.
6. The team works together to solve the puzzle without speaking, promoting trust and patience.

Reflection:

Teams discuss how they communicated without talking and what they learned from the experience.

Clue for Station 4:

The fourth clue: "Jokers are rarely used when you play with me."

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Station 5: Empathy and Kindness Challenge

Goal: Show understanding and kindness.

Challenge:

1. Each student gives a verbal compliment to another teammate, focusing on something positive they admire.
2. Write a note on a sticky note for someone from another team, sharing why they are proud, admire, or love them. Students must go and give their notes to the person they wrote it for and then return to the station.
3. After the compliments have been shared and the positive kindness notes given to their relevant people, the team does a round of high-fives or fist bumps to celebrate.

Reflection:

Students reflect on how they feel after receiving and giving kind words.

Clue for Station 5:

The fifth clue: "My value is only on one side."

Final Challenge:

Once all stations are complete, teams return to the Teacher Station and receive the final riddle. The team must work together to decode the clues and figure out the answer.

Final Riddle:

"I have 13 hearts but no stomachs or lungs, what am I?"

Answer: A deck of cards.

Objective:

Teams that successfully solve the final riddle "escape" the room and restore balance to the School of Play Laboratory.

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Modifications:

- **Time Limit:** Adjust time limits for faster-paced sessions.
- **Team Sizes:** Adjust the size of teams if necessary to accommodate different group sizes.
- **Debriefing:** At the end of the activity, lead a debrief with the class to reflect on the challenges and what they learned about mindfulness, gratitude, teamwork, and physical well-being.

Additional Notes:

"Escape Room - The Laboratory" is a fun and engaging way to get students to work together while incorporating important lessons about well-being. By completing the challenges, students build teamwork, practice mindfulness, and reflect on the importance of gratitude and empathy. This activity promotes a positive, supportive atmosphere where students can develop valuable skills in both physical and emotional well-being.

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Station 1: Mindfulness Zone



1. Balance Challenge

- Stand on one foot with your eyes closed for 10 seconds.
- Switch feet if needed. Everyone must finish before moving on!

2. Mindful Breathing

- Take turns leading a 20-second breathing exercise. Say “Inhale... and exhale...” or guide the group to imagine a happy activity.
- Place one hand on your belly to feel your breath and keep your eyes closed.

3. Reflection

Share one word about how you feel (e.g., calm, happy, focused).

Great job—you’re on your way to the next station!

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Station 2: Gratitude Circle



1. Gratitude Reflection

- Write down one thing you're grateful for on a piece of paper or sticky note.
- Take turns sharing it with your team.

2. Group Activity

- Celebrate together by doing 10 Star Jumps as a team!

3. Reflection (Optional)

If there's time, share how expressing gratitude made you feel.

You've completed the Gratitude Circle—well done!

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Station 3: Physical Activity Challenge



1. Team Exercises

- **10 Lunges:** Do 5 lunges per leg. Keep your arms out for balance and your front knee aligned with your ankle.
- **20-Second Plank:** Rest on your elbows and toes. Keep your body straight like a plank of wood!
- **10 Squats:** Keep your heels on the ground, back straight, and look at a spot on the wall.

2. Teamwork

- Complete the exercises together as a team. If you finish early, cheer on your teammates with positive words!

Great teamwork! You're ready to move to the next challenge!

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Station 4: Team-Building Puzzle



1. Silent Puzzle Assembly

- Work together to complete the puzzle, but no talking is allowed!
- Each person can place one piece per turn and use gestures to communicate ideas.

2. Completion Check

- Once the puzzle is finished, signal the station facilitator to confirm you followed the rules and completed the task.

Awesome teamwork—get ready for the next station!

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Station 5: Empathy and Kindness Challenge



1. Kind Words

- Take turns giving a compliment or encouraging word to a teammate. Be specific and sincere!

2. Sticky Note Love

- Write a short note to someone on another team. Choose one:
 - Proud: Why are you proud of them?
 - Admire: What do you admire about them?
 - Love: What do you love about them?

3. Celebration

- End with a round of high-fives or fist bumps, making sure to connect with every teammate!

Great job spreading kindness and positivity!