

Escape Room - The Magic Word

Grade Three & Four



The goal of this activity is to help students enhance their teamwork, creativity, and problem-solving skills by completing challenges that promote positivity. Each team works to uncover the "Magic Word" that will unlock a treasure chest of positivity and escape the room.



Learning Intentions

I can collaborate effectively with my team to solve problems and complete challenges:

This allows participants to build self-awareness by considering moments when they faced adversity and how they overcame it.

I can demonstrate positive thinking and resilience throughout the challenges:

By completing challenges focused on gratitude, resilience, and positivity, students develop a positive mindset.

I can reflect on my actions and learn how to support others in a team setting:

Students engage in reflection and practice supporting their teammates, building empathy and cooperation.



Success Criteria

I can actively participate in team challenges, sharing ideas and supporting my teammates:

Students engage in each station's activity, working together to succeed.

I can demonstrate resilience and adaptability when facing challenges:

Students tackle challenges with a positive attitude, helping each other through difficult moments.

I can reflect on my experiences and share what I learned about teamwork and positivity:

Students reflect on their performance and how they contributed to their team's success.



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Objective:

The goal of this activity is to help students enhance their teamwork, creativity, and problem-solving skills by completing challenges that promote positivity. Each team works to uncover the "Magic Word" that will unlock a treasure chest of positivity and escape the room.

Materials Needed:

- Printed station challenge guides (one for each station).
- Puzzle pieces or Word Search for each team (found in the PDF resources).
- Small items for building a tower (books, blocks, cups, cards, etc.).
- Printed Riddles - FYI only print the riddles, not the answers! These are for your eyes only.
- Magic Word - print out the letters for the final Magic Word (choose either a 5 letter word "SMILE" or a 10 letter word "OPTIMISTIC"), cut out individual letters, enough for one word per team.
- Art supplies (paper, pens, and markers for drawing at the Gratitude Circle).
- Timer (optional, for time-based challenges).

Setup:

1. Divide the Class into Teams:

Organise students into teams of 3-5 participants.

2. Prepare 4 Elemental Stations:

Set up four stations in the room, each focusing on a different theme: Earth, Air, Fire, and Water. Each station should have the necessary materials for the activities.

3. Teacher Station:

The teacher holds the individual letters for the 'Magic Word', have these printed and cut out, enough for one word per team.

Gameplay Instructions:

Station 1: Puzzle Peak

1. Complete a Puzzle:

Provide the team with one of the following types of puzzles, depending on their skill level and time availability: (we have provided an example of each for you to use or create your own!).

- **Jigsaw Puzzle:** A small, manageable jigsaw puzzle that requires teamwork to complete.
- **Word Search:** A custom word search with words related to teamwork, positivity, or the theme of the escape room.

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2. Work Together:

- Team members must collaborate to solve the puzzle. They can assign roles (e.g., one person looking for edge pieces in a jigsaw puzzle, another focusing on a particular area in a word search) or strategize together to solve it.
- Encourage patience and communication, as they may need to try different approaches and work together to complete the challenge.

Reward:

- After successfully completing the puzzle and/or word search teams present them to the teacher or the station facilitator, if correct, the team receives **one or two letters** from the teacher (if using a 5 letter Magic Word give one letter per station, if using a 10 letter Magic Word give 2 letters per station). These letters will contribute to the final "Magic Word" they need to solve to complete the escape room.

Station 2: Teamwork Tower

Goal: Build teamwork and communication.

Challenge:

1. Building the Tower:

- Provide each team with a set of cups, blocks, or any stackable items (can be a combination of items, eg. Books and dominoes).
- The goal is for the team to work together to build the tower to the same height as the classroom tables without it falling over (If playing outside the tower must be higher than hip height of the tallest student in the group).
- **Rules:** Each team member can only use one hand to place or balance items, which requires them to communicate and collaborate closely to keep the tower steady.

2. Maintaining Stability:

- Once the tower reaches its required height, the team must keep it standing for **10 seconds** without any support.
- If the tower falls, the team has to rebuild and try again, which adds an element of patience and resilience to the challenge.

Reflection (Optional):

- After completing the challenge, the team can briefly discuss what strategies worked well, and how they communicated to achieve their goal.

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Reward:

- If the team successfully builds and balances the tower for the full 10 seconds, they receive **one or two letters** from the teacher or station facilitator, contributing to the final "Magic Word" needed to complete the escape room.

Station 3: Fitness Frenzy

Goal: Encourage movement and fun.

Challenge:

1. Fitness Circuit:

- Set up a mini circuit with three physical tasks that each team member must complete. Examples of tasks include:
 - **10 Jumping Jacks:** To get their heart rates up and start the circuit with energy.
 - **5 Jumps to the moon!**: Students stand with their feet shoulder width apart, they reach down and touch the floor and then explode up, jumping with their hands in the air to reach for the moon!
 - **Bear Crawl Across the Room:** A fun and challenging movement where students crawl across the floor on their hands and feet. Either mark out a designated distance or make the students bear crawl from one wall to the other and back.
 - **Crab Crawl Across the Room:** Another fun and challenging activity where students crawl on their hands and feet with their heads and bodies facing upwards. Once again mark out a designated distance they must crawl between.

- Team members complete each exercise in sequence, with everyone participating and encouraging one another.

2. Encourage Team Spirit:

- As each team member completes the circuit, encourage them to cheer on their teammates, creating a supportive and fun atmosphere.
- If space allows, you could even set up a relay where team members go one at a time, passing an object (like a baton) to the next person.

3. Optional Reflection:

- After completing the circuit, take a quick moment for the team to high-five each other or reflect on which exercise they found the most fun or challenging.



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Reward:

- After everyone completes the circuit, the team reports to the station facilitator, who provides them with **two letters** to add to their collection for the final "Magic Word."

Station 4: Mystery Riddles

Goal: Boost critical thinking and problem-solving.

Challenge:

1. Solve the Riddles:

- Provide the team with a set of two or three riddles to solve together. These can be classic or themed riddles that encourage teamwork and critical thinking. Here are some examples:
 - Riddle 1:** "What has to be broken before you can use it?"
Answer: An egg.
 - Riddle 2:** "I'm tall when I'm young, and I'm short when I'm old. What am I?"
Answer: A candle or pencil (take both answers).
 - Riddle 3:** "The more you take, the more you leave behind. What am I?"
Answer: Footsteps.
- Encourage team members to discuss each riddle and share ideas, working together to solve them. Each team member can contribute potential answers or build on others' suggestions.

2. Hints (Optional):

- If teams are struggling, you can provide a small hint to guide them toward the answer, such as a word or image related to the solution. This can keep the challenge engaging without being frustrating.

3. Optional Reflection:

- After solving the riddles, allow the team to briefly discuss their favorite riddle and how they worked together to figure it out.

Reward:

- Once the team correctly answers all riddles, they report to the station facilitator, who rewards them with **one or two letters** to add to their final "Magic Word" collection.

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Station 5: Gratitude Circle

Goal: Reflect on positivity and well-being.

Challenge:

1. Sharing Gratitude:

- Each team member takes a moment to reflect and share something they are grateful for. It could be anything meaningful to them—such as a supportive friend, a favorite activity, or a positive experience they recently had.
- Each team member then needs to draw what it is that they are grateful for. Each person should spend no longer than 1-2mins to complete their drawing (2 mins max). Once drawings are completed each team member takes it in turn to hold their drawing up, the other team members must try and guess what it was they are grateful for. If they don't guess it within 3 attempts the person shares what their drawing is about with their team before the next person holds their picture up for the team to guess.
- Encourage everyone to listen carefully to each teammate's expression of gratitude, fostering a supportive and positive environment.

2. Acts of Kindness:

- After everyone has shared, the team engages in a quick act of kindness to celebrate their reflections. This could include:
 - Giving a high-five or fist bump to each teammate.
 - Offering each other a simple compliment or words of encouragement.
 - Creating a group cheer to reinforce the team's positive energy.
 - Going to another person in the room on another team and praising their efforts or giving them a compliment.
- These small acts of kindness reinforce a sense of unity and gratitude within the team.
- To wrap up, the team can briefly discuss how expressing gratitude made them feel and if it's something they'd like to do more regularly.

Reward:

- After each team member has shared their gratitude and participated in the kindness activity, the station facilitator provides them with **one or two letters** for the final "Magic Word" needed to complete the escape room.



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Final Challenge: Discovering the Magic Word

Once each team has collected all their letters, they return to the Teacher Station and try to spell the "Magic Word" using their letters. Here's how to structure the final part:

1. **Magic Word Hints:** The teacher can give a hint, such as "This word is connected to positivity," to guide teams in forming the correct word.
2. **Time Limit:** Give teams 3-5 minutes to work together to create the word from their letters.
3. **Winning Team:** The team that successfully spells the word first wins the treasure (e.g., a small prize or certificate).

Modifications

- **Add More Challenge Stations:** For a longer game, add stations where each offers different physical, mental, or creative challenges.
- **Give Extra Hints:** If the teams struggle to form the word, allow them to "buy" hints by performing bonus actions, such as naming additional positive words.

This escape room adds an element of mystery as teams try to discover the "Magic Word," making it interactive and engaging while incorporating physical activity, teamwork, and positivity. The word challenge at the end gives a competitive twist to the experience.

Escape Room Theme: "The Quest for the Magic Word"

Station 1: Puzzle Peak



1. Choose a Puzzle:

- Pick a puzzle type based on skill level (e.g., jigsaw or word search with team-related words).

2. Work Together:

- Collaborate to solve the puzzle by assigning roles or strategising as a team. Be patient and communicate!

3. Reflection (Optional):

Discuss how working together helped you solve the puzzle and what strategies worked best.

Escape Room Theme: "The Quest for the Magic Word"

Station 2: Teamwork Tower



1. Building the Tower:

- Use stackable items (e.g., cups, blocks) to build a tower to a specified height (e.g., table height or above the tallest student's hips). Each person uses only one hand.

2. Maintaining Stability:

- Once the tower is built, keep it standing for 10 seconds without support. If it falls, rebuild and try again!

3. Reflection (Optional):

Discuss the strategies that helped you succeed and how communication played a key role in the challenge.



Escape Room Theme: "The Quest for the Magic Word"

Station 3: Fitness Frenzy



1. Fitness Circuit:

- **Set up 3 tasks for each team member:**
 - 10 Jumping Jacks
 - 5 Jumps to the Moon (jump as high as you can!)
 - Bear Crawl or Crab Crawl across the room

2. Team Spirit:

- Encourage cheering and support as each teammate completes the circuit. If possible, make it a relay race with a baton!

3. Reflection (Optional):

After completing the circuit, high-five each other and share what was the most fun or challenging exercise.

Escape Room Theme: "The Quest for the Magic Word"

Station 4: Mystery Riddles



1. Solve the Riddles:

- Solve 2-3 riddles given to the whole team.

2. Teamwork:

- Encourage discussion and idea-sharing to solve the riddles. Everyone contributes their thoughts!

3. Reflection (Optional):

After solving, briefly talk about the favourite riddle and how teamwork helped.



Escape Room Theme: "The Quest for the Magic Word"

Station 5: Gratitude Circle



1. Sharing Gratitude:

- Each team member reflects on something they're grateful for and draws it in 1-2 minutes.
 - After drawing, teammates guess what the gratitude drawing represents. If they can't guess in three tries, the artist explains.

2. Acts of Kindness:

- Celebrate gratitude with kind actions like high-fives, compliments, a group cheer, or praising another team's efforts.

3. Reflection (Optional):

Briefly discuss how sharing gratitude made everyone feel and its importance in daily life.