

Mystery Mover

- Pupils stand in a circle around the edge of the room. This activity can also be done outside.
- One pupil is selected as the 'Detective' and either stands outside the door or faces the wall (closing eyes and covering ears).
- Teacher points at one pupil who will be the 'Mystery Mover'
- The Mystery Mover starts a movement (e.g. clapping hands, waving arms, punching forward, running on the spot) and everyone follows this movement.
- The Detective returns to the room and the Mystery Mover changes the movement every so often. Everyone in the circle must try to follow the movements without the Detective seeing who the Mystery Mover is.
- Pupils will need to try and make it challenging for the Detective, by quickly following the Mystery Mover's actions and not looking straight at the Mystery Mover.
- The Detective can move around the middle of the circle while trying to guess who the Mystery Mover is.
- When the Detective has figured out who the Mystery Mover is (or has made three incorrect guesses) a new Detective and Mystery Mover are chosen and the activity is repeated.

Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **how other people influence our choices**. You might like to try the below activities.



Strand: Myself and others
Strand Unit: Relating to others

- Discussing how other people might influence us in positive or negative ways. List some people who can influence our choices (e.g. friends, family, celebrities, YouTubers).



Strand: Drama to explore feelings, knowledge and ideas, leading to understanding
Strand Unit: Exploring and making drama

- Writing and performing short role plays that demonstrate peer pressure taking place (teacher can give each group a scenario). Discuss what we could do in each situation.