

ARCHETYPE GAME



BENEFITS

Energizes. Helps students discriminate between different roles and when to use them in life. Develops personal awareness.

TIME

15 to 20 minutes

ACTIVITY

Students spread out around the room, each in a squatting position.

Then, on a slow count to 4, they grow into a statue that represents a specific archetype or character, such as a king or queen. (See list below.) Then, with music playing, ask the students to move the way their archetype or character would move. When you say “Freeze,” all students stop and squat again. Start over with a different archetype.

Students must give each other space when they come to a squatting position. No touching, running, or talking is allowed. Any student who breaks the rules must sit out for one archetype before rejoining the game.

VARIATIONS & INTEGRATION

Before the students start, ask them to pay attention to which archetypes are easy or natural for them and which are uncomfortable to act out. After playing, ask students to share which characters were their favorites. Ask them to brainstorm when we need to use each archetype and when a particular one might be dangerous (e.g., Kind and Friendly when around strangers) or get them in trouble (e.g., The Trickster when company comes over for dinner).

Allow students to be the archetypes or characters in a novel or story, or have them share the parts of themselves they use in football, dancing, snowboarding, or other favorite activities.

See illustrative story on page 145.

Some Archetypes

- The Trickster—the sneaky self
- The Warrior—the fierce one
- Prince or Princess—connecting with our sense of pride and elegance
- Wise King or Queen—stepping into responsibility
- Monster—our scary self
- Angel—our kind and giving self
- The Content One—feeling satisfied with who we are and our own personal gifts
- Kind and Friendly One—our social self
- Bear or the Hermit in the Cave—taking time to be alone
- Peaceful One—the quiet, contemplative self
- Clown—our silly self
- Courageous Explorer—facing adversity