

How Full Is It? – PE Team Challenge

A movement game where students decide if a digital post is **HELPFUL**, **HURTFUL**, or **TRUTHFUL**—then dribble, skip, or hop to the correct bin to show their answer!

Goal of the Game

Help students learn to THINK before they like, share, or comment online by practicing how to evaluate social media posts.

Skills Practiced

Media literacy, critical thinking, teamwork, dribbling, hopping, skipping, communication.

Supplies Needed

- 3 bins or baskets labeled: **HELPFUL**, **HURTFUL**, **TRUTHFUL**
- 1 soft ball per team
- Printed post prompts (provided below or read aloud by the teacher)
- Cones or tape to mark basket areas

Setup

1. Divide students into **teams of 3–5**.
2. Place the three labeled baskets in **different corners or zones** of the gym.
3. Give each team a soft ball.

How to Play

1. The teacher reads a **social media post** prompt aloud (examples below).
2. Teams huddle and **decide together**: Is it HELPFUL, HURTFUL, or TRUTHFUL?

3. The team sends one player to **dribble**, **hop**, or **skip** the ball to the correct basket.
4. The teacher announces the **correct answer**, and teams get a **point** if they chose correctly.
5. Rotate who goes each round so every player gets to move.
6. Play multiple rounds and keep score — or just play for fun and discussion!

Discussion Optional (great for cool-down)

After each round, ask:

- “Why did your team choose that answer?”
- “Could this post be more than one thing?”

Sample Post Prompts

(You can mix these into the game or make your own.)

1.
"Here's a quick tip for cleaning your lunchbox — use a little vinegar and warm water. It works like magic!"

→ **HELPFUL, TRUTHFUL**

2.
"Ugh, Tyler's haircut looks like a mop. 😂 What was he thinking?"

→ **HURTFUL**

3.
"Did you know sea turtles can live to be over 100 years old?"

→ **TRUTHFUL**

4.
"Emma helped clean up after the game when no one else did. She's the best!"

→ **HELPFUL**

5.

"This restaurant gives kids free dessert on Fridays!"

→ **TRUTHFUL, HELPFUL**

6.

"You'll never be good at soccer. Just quit already."

→ **HURTFUL**

7.

"Remember to bring a jacket tomorrow — it's going to be cold!"

→ **HELPFUL, TRUTHFUL**

8.

"Aliens have taken over the zoo and are feeding animals pizza."

→ **NOT TRUTHFUL** (Could be a silly/fake post to test skepticism)

9.

"Here's how to make a paper airplane that actually flies far!"

→ **HELPFUL**

10.

"Lena only won the contest because she cheated."

→ **HURTFUL** (and possibly **NOT TRUTHFUL** — we don't know)

11.

"When you're feeling nervous before a test, take 3 deep breaths. It helps you focus!"

→ **HELPFUL**

12.

"Liam always messes up. Why does he even try?"

→ **HURTFUL**

13.

"Penguins can't fly, but they're amazing swimmers!"

→ **TRUTHFUL**

14.

"Here's a fun way to remember your 9 times tables — use your fingers!"

→ **HELPFUL, TRUTHFUL**

15.

"Everyone should stop talking to Mia. She's so annoying."

→ **HURTFUL**

16.

"There's going to be a total eclipse this Saturday night!"

→ **TRUTHFUL** (if true at the time — great chance to talk about checking facts!)

17.

"I made a cool comic about a dog who becomes a superhero. Want to read it?"

→ **HELPFUL**

18.

"You can't sit with us because your shoes are weird."

→ **HURTFUL**

19.

"Did you know bees talk to each other by dancing?"

→ **TRUTHFUL**

20.

"If you ever feel lonely, try writing in a journal. It really helps."

→ **HELPFUL**

21.

"My mom made homemade cookies! I'm bringing extras to share tomorrow!"

→ **HELPFUL**

22.

"You should stop playing soccer. You're not even good."

→ **HURTFUL**

23.

"The sun is actually a giant ball of hot gas!"

→ **TRUTHFUL**

24.

"I drew a picture of my family. Want to see it?"

→ **HELPFUL**

25.

"Everyone hates your new haircut."

→ **HURTFUL**

26.

"Sharks can smell a single drop of blood in the ocean!"

→ **TRUTHFUL**

27.

"If someone looks different than you, it's okay. That's what makes people interesting."

→ **HELPFUL**

28.

"Nobody likes you."

→ **HURTFUL**

29.

"Rainbows happen when sunlight shines through water droplets."

→ **TRUTHFUL**

30.

"I found a video that teaches you how to juggle. Want me to share it?"

→ **HELPFUL**

31.

"You're so slow. You shouldn't even try to race."

→ **HURTFUL**

32.

"Octopuses have three hearts and blue blood!"

→ **TRUTHFUL**

33.

"I like your art. It's really creative!"

→ **HELPFUL**

34.

"You can't be on our team because we don't like you."

→ **HURTFUL**

35.

"Some frogs can freeze in winter and come back to life in spring!"

→ **TRUTHFUL**

36.

"I learned a new stretching move that helps my back feel better."

→ **HELPFUL**

37.

"You always mess everything up!"

→ **HURTFUL**

38.

"Bananas grow on giant plants, not trees."

→ **TRUTHFUL**

39.

"Helping someone can make you feel better too."

→ **HELPFUL**

40.

"Don't play with them, they're weird."

→ **HURTFUL**

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