

ACTIVITY WRITE-UP

Name of Activity: Jenga

Type of modality	Table Game
Type of play	Shared Cooperative
Interaction pattern	Inter individual
# of participants required	At least 2
Equipment/supplies	Jenga set, sturdy surface
Facilities required/environment	Rec center area with space
Precautions	Be aware of the pieces falling (making a lot of noise)

Directions

1. Open Jenga box
2. Set up tower
3. Review the rules before starting the game
4. Each player takes a turn removing a piece from the tower (cannot take a piece from the top 3 rows)
5. After removing a piece from the tower place the piece on the top of the tower
6. The game continues in that pattern until someone knocks the tower down
7. When the tower gets knocked down the game is over, once the tower is knocked down players may build the tower and start again.

Activity Analysis

Category	Skills
Primary body position	Sitting
Part of the body required	Arms, hands, fingers, trunk
Movement	Grasping, fine motor, elbow extension,
Physical	Static balance, gross muscle coordination, fine muscle motor coordination, motor control, muscle strength (upper extremity), Range of motion (upper extremity)

Cognitive	selective attention, sustaining attention, concentration, decision making (simple), orientation, sequencing
Social	Interpersonal interactions, maintaining social space, physical contact, relating with equals, regulating behavior, relationships (forming), self-expression, social conduct, social cues, showing respect and warmth, showing tolerance
Perception	Tactical, visual
Communication/language	Reception of spoken language, expression of spoken language
Self-care	N/A
Psychological/emotional (possible)	Excitement for getting a piece of the tower without knocking it down, guilt for making the tower fall, fear of making the tower fall, anger for making the tower fall

How to Simplify the Activity

Don't use all the blocks so that the tower is shorter.

How to Make the Activity More Complex

Only use one hand to take the block off the tower, have a time limit for how long some can take for taking a block off the tower, write words on the blocks, put numbers on them

Other Comments