LENS Project
RoShamBoGrow

Ages All Ages!

LENS Skill Negotiation

Why? When I work with others toward a common goal, I can celebrate the successes of others as well as my own.

Materials A list of the stages to remind participants (see Directions)

Summary
In this game, partners or groups can practice Negotiation through persistence toward a goal, both for themselves and for all participants. “Ro-Sham-Bo” is “Rock Paper Scissors” and in this version we add “Grow,” where participants progress through levels as they win a round of the game. Each participant’s goal is to reach the final stage, and the group’s goal is to get everyone to the final stage.

Directions

1.) Establish Understanding
Ensure everyone is familiar with the game “Rock-Paper-Scissors” or “Ro-Sham-Bo.” Demonstrate the hand positions for each element (rock is a fist, paper is a flat palm, scissors is index and middle finger extended from a fist) practice a few rounds of the game, noting which element “beats” another (see below). Also, determine whether the game goes “one-two-three-show” or “one-two-show.” Identifying the exact moment to show your choice is important so everyone is on the same page about when to show!

- Rock beats Scissors
- Scissors beat Paper
- Paper beats Rock

2.) Learn the Stages
As you play, you will embody a different “character” as you grow through the five different stages below. All players will begin as an Egg and will grow to the next stage each time they win a round of “Rock, Paper, Scissors” or “Ro-Sham-Bo”. Each character on the list has a physicality that participants will act out (as best they can) as they play each round. Practice each stage before beginning the game to make sure everyone knows how to embody that stage’s character.

1. Egg – crouch down with hands on knees
2. Chicken – knees slightly bent, arms become chicken wings
3. Dinosaur – large steps, using hands or arms as giant jaws
4. Rockstar – playing an “air guitar”
5. Superhero – feet wide apart, fists on hips
3.) Goal Setting
Spend some time discussing the goal of the game – for everyone to grow to “Superhero” status, which is accomplished through repeated rounds of Ro-Sham-Bo. Set a concrete goal of everyone continuing to participate, regardless of their own stage in the game, so that everyone has the opportunity to reach the final stage.

4.) Play
Find a partner and begin the game with everyone at the “Egg” stage. If there is an odd number of participants, alternate partners so that everyone gets a chance to play throughout the game. The winner of each Ro-Sham-Bo round moves onto the next stage and then everyone finds a new partner. If there are only two participants, you’ll continue playing together. Each time a round concludes you can appreciate each other in an intentional way with social distancing – long distance high five, sign language applause, etc.

- Between each round, take a moment to move around and make whatever sound the character might make, giving participants a chance to practice their acting skills!
- Once a player reaches the final stage, Superhero, they should keep playing until everyone has achieved superhero status!

5.) Reflect
Discuss or write your thoughts about the following reflection questions.
- What role did I play in making this game a success?
- In what way did I support others to achieve success alongside me?
- What would happen to our group if I had not made these efforts?

Other ways to Play:
1. Consider playing this game virtually with friends or family members.

2. You can also make up your own stages through which to progress. Consider combining this with science – use the life cycle of a frog, a butterfly, or a plant and make up your own physicality and sounds to go with each stage.

3. For younger participants, consider reducing the number of stages through which to progress. For older participants, add a challenge of a time limit to get everyone to the final stage.