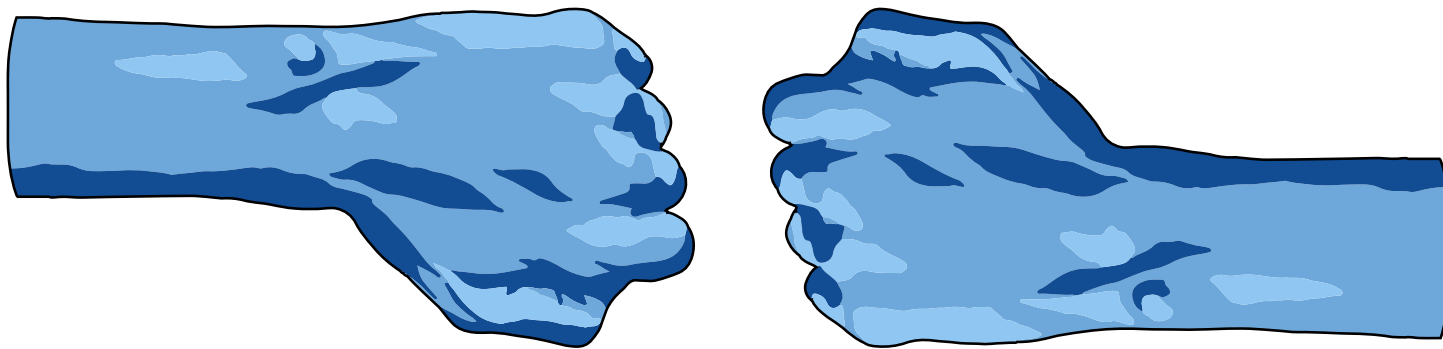


RIGHTY AND LEFTY PRESENTS: A HERO'S JOURNEY



Inspired by:

OPEN ADVENTURE

Created by Mark Friedrich and Nichole Wilder for OPENPhysEd.org

THE OBJECT OF THE GAME IS TO MOVE THROUGH 4 LEVELS OF THE HERO'S JOURNEY AS MANY TIMES AS YOU CAN.

1. On the start signal, everyone moves in open space, showing **LEVEL 1** Hand Position and looking for a **LEVEL 1** match (Righty Fist Bump).
2. As soon as you complete a **LEVEL 1** match, change hand positions and look for a **LEVEL 2** match (Lefty Fist Bump).
3. As soon as you complete a **LEVEL 2** match, change hand positions and look for a **LEVEL 3** match (Crossover Double Fist Bump).
4. As soon as you complete a **LEVEL 3** match, change hand positions and look for a **LEVEL 4** match (Straight Double Fist Bump).
5. When you complete a **LEVEL 4** match, call out "LEVEL UP!" and then repeat the process starting at **LEVEL 1** (Righty Fist Bump).
6. How many times can you complete the journey and level up?

LEVEL 1

Righty



Righty

LEVEL 2

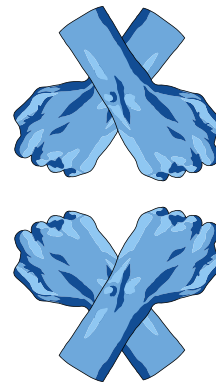
Lefty



Lefty

LEVEL 3

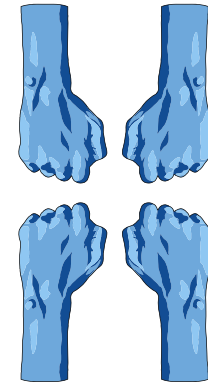
Crossover Double



Crossover Double

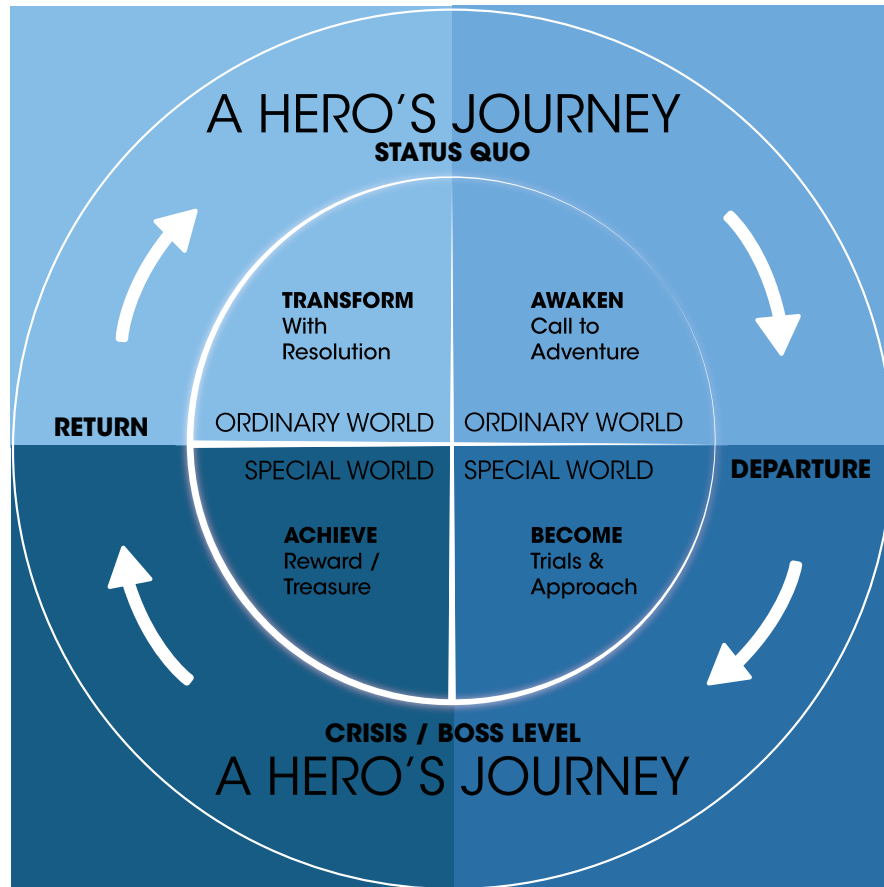
LEVEL 4

Straight Double Level Up



Straight Double Level Up

A HERO'S JOURNEY



A story pattern identified by Joseph Campbell in 1949. Campbell outlined a "monomyth" that is the common template for stories that involve a hero who is called to adventure, departs on a quest, overcomes great trials, and returns home transformed in some way.

Campbell's original pattern includes 17 steps of the journey.

This activity focuses on 4 stages

1. Awaken to the call
2. Become through trials/crisis
3. Achieve a reward or treasure
4. Return transformed

ACHIEVE

(Verb)

To reach a desired result through purposeful effort, skill, and/or courage.

What is something you achieved that required courage?

In your own words, what does purposeful effort mean?

What are you currently working to achieve?

AWAKEN

(Verb)

To be made aware
for the first time.

Can you remember a time when you were awakened?

What did you become aware of?

How did that awakening change you?

BECOME

(Verb)

Grow to be;
to turn into.

What is something that you worked hard to become?

What did you sacrifice as a part of your becoming?

What did you gain?

CALL

(Noun)

An announcement made that something of significance will happen.

People are sometimes called to action after experiencing transformational events.

Have you ever experienced something significant that called you to action? Can you describe how it happened?

TRANSFORM

(Verb)

To make a dramatic change in form, appearance or character.

Have you ever experienced a personal transformation?

If you could experience a personal transformation over the next 4 years, what dramatic changes would occur?

What would you be like after that transformation?

TREASURE

(Noun)

Something (or someone) greatly valued because of a special characteristic.

Thinking about the things and people in your life, what or who is a treasure to you?

Why is that thing (or that person) a treasure?

How has your treasure positively influenced your life?