



All's Well That Eats Well Power Play Classroom Game

THE STORY

The Prince of Goodgarden has become an influential ambassador for the city's healthy way of life, steadily developing a well-rounded practice of eating nutritious foods and exercising, and working to cultivate new opportunities for the wellness of citizens. But this week, a candy and bake shop called "Sometimes Sweets" just opened, and the prince's notorious sweet tooth has returned with a vengeance. Frequenting the shop too much has sent him down a slippery slope of eating an unhealthy diet and not getting enough movement, and now he's turned back into the Greast! You must locate where the 5 healthy food groups have scattered from the Greast's wrath and use the Restorative Health Elixir from the witch's spell book to get him back on track to a healthy lifestyle – and turn him back into a prince!

ITEMS YOU'LL NEED TO SET UP THE GAME

Listed below are the items and locations for the game materials. The locations are just suggestions – you know your classroom best, so feel free to get creative. You can make the game tougher or easier for your students by hiding clues and materials or placing them out in the open.

KIT ITEMS

- 1 small lock box to be placed in the playing area
- 1 large lock box to be placed in the playing area
- 1 three-digit lock
- 1 four-digit lock
- 1 multi-lock with five-arrow multi-lock
- 1 multi-lock with five-color combo
- 1 padlock with key
- 1 blue lock hasp
- 1 UV flashlight
- 1 UV marker
- 2 hint cards

PRINTED GAME RESOURCES

- Teacher instructions (for classroom setup)
- Game Logic Map (for classroom setup)
- Reflection Questions (placed in large lock box)
- FAQs (for classroom setup)
- 5 Wellness Journal entries (on table in the playing area)
- Yoga with Nessie poster (on table in the playing area)
- Umberto's Pizza Parlor menu (on table in the playing area)
- Restorative Wellness Elixir spell book recipe (placed in small lockbox)
- 5 MyPlate food group pieces (hidden in the playing area)
- Congratulations certificate (placed in the large lock box)

SETUP

The following is a basic logical order for setting up the *All's Well That Eats Well Power Play* game. If you are already familiar with Breakout-type games, this may be a breeze. If not, take it step by step. Setup should take roughly 30 minutes.

1. Go to **www.NTCPowerPlay.com** and select *All's Well That Eats Well Power Play* program.
2. Click "PLAY" to access all the materials needed for the classroom game.
3. Watch the teacher tutorial video.
4. Review and print all the game resources. Decide if you'd like to make additional sets of any resources to have multiple groups of students playing during a single game session.
5. Prepare the three-digit lock, the four-digit lock, the five-color multi-lock, and the five-arrow multi-lock with the correct combinations from the lock puzzle solutions.
6. Instructions for setting the combinations can be found here: **www.breakoutedu.com/locks**
 - a. Set the locks to these solutions:
 - Three-digit lock = 3-5-0
 - Four-digit lock = 4-9-7-0
 - Five-arrow multi-lock = UP – RIGHT – UP – DOWN – LEFT
 - Five-color multi-lock = Blue – Red – Green – Purple – Orange
 - Padlock key: placed in the small lock box
7. Explain to your students that they'll need to work together and search the room thoroughly and respectfully in order to play the game.
 - a. In the small lock box, place the Restorative Wellness Elixir, UV flashlight and padlock key. Lock with the three-digit lock.
 - b. In the large lock box, place the Congratulations certificate along with candy or other prizes (if you choose) and the Reflection Questions. After preparing the combination locks, you will lock this box by first attaching the blue lock hasp and then locking with the four-digit lock, the five-arrow multi-lock, the five-color multi-lock and the padlock.
8. Place the 5 Wellness Journal entries (set loosely inside a notebook with "Wellness Journal" cut out and attached to the front) and the Umberto's Pizza Parlor Menu on a table in the playing area. You could also hang the menu on a wall.
9. Hang the Yoga with Nessie poster on a wall.

10. Cut out the 5 MyPlate pieces and use the UV marker to write in the letters to the Atbash cipher code (see directions on the last page of the game pieces packet: UV MARKER/ ATBASH CIPHER INTRUCTIONS). Then hide the five MyPlate pieces throughout the playing area for students to find. Conversely, you can give the pieces to students whenever they solve a puzzle, work together, think critically or ask valuable questions.
11. Explain that in order to use a Hint Card, your students must all agree that they are ready for a hint. Depending on their progress and how much time is left, you can then give the group an appropriate hint to get them moving in the right direction.
12. Show your students the *All's Well That Eats Well* story video, set your timer for 45 minutes and begin!
13. After they've completed the game, ask your students the Reflection Questions.
14. Feel free to dig in deeper with your students on the ideas and concepts discovered by playing this classroom game. This game includes concepts from the following educational points:
 - Benefits associated with participation in physical activity
 - Essential concepts about nutrition and diet
 - How to maintain and promote personal health
 - Movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
 - Ability to use decision-making skills to enhance health
15. You will be receiving an email containing a link to fill out a teacher evaluation and feedback form.
16. After your complete evaluation is submitted, you'll receive a code and instructions to register your kit.
17. Explore the additional games at www.breakoutedu.com and plan your next adventure. Your subscription is good for one year starting from your registration date.

THE CLUES

The following are the five puzzles and clues used to open the various combination locks.

Corresponding lock: Three-digit lock

Answer: 3-5-0

This solution can be found by reading the Wednesday Wellness Journal entry – noticing the lines “... so I gulped a giant root beer and ordered 3 different pizza slices from Umberto’s Pizza Parlor for delivery. Their sausage is so good, but so greasy! Delicious, yes ... but there’s still just something missing from the amount of calories in this meal.” and looking at the menu for Umberto’s Pizza Parlor, you’ll notice a grease stain over how many calories are in the Root Beer. So by subtracting the 3 different calories amounts for the sausage pizza slices from the total amount of calories consumed in meal #3, you get the “missing” Root Beer calories of 350.

Corresponding lock: Four-digit lock

Answer: 4-9-7-0

This solution can be found by adding up the calories for all of Thursday’s meals and taking note of the fill in the blank “calories consumed” sections of the Wellness Journal entries. 4 out of the 5 calorie total entries will add up to 4 digits – the answer is the amount of calories from the Thursday entry, the day the Greast skips the Yoga with Nessie class.

Corresponding lock: Five-arrow multi-lock

Answer: UP – RIGHT – UP – DOWN – LEFT

This solution can be found by reading the flyer for Nessie’s yoga class. The image of the arrow behind “UP” in the headline of the flyer is the clue to search for the other directional words in the sections below the headline.

Corresponding lock: Padlock

Answer: The padlock key is found inside the small lock box (locked with 3-digit lock)

Corresponding lock: Five-color multi-lock

Answer: Blue - Red - Green - Purple - Orange

This solution can be found once the students find all 5 of the MyPlate pieces hidden around the room, along with the Restorative Wellness Elixir and the UV flashlight. The UV flashlight will reveal the Atbash cipher key that's spread across 5 MyPlate pieces, which will decode the encrypted directions on the elixir recipe. The directions give the correct order to mix in the 5 food groups. The corresponding colors to the 5 food groups are the answer to the lock.

UV MARKER/ATBASH CIPHER INSTRUCTIONS

CODED 5-COLOR LOCK SOLUTION IN WELLNESS ELIXIR RECIPE	DECODED
Wzrib zmw uifrg yvtrm	Dairy and fruit begin
Evtvgzyovh, kilgvrn zprm	Vegetables, protein akin
Nztrx hkrxvh zmw tizrm	Magic spices and grain
Grh mlg z hgizrm	Tis not a strain
Kllu!	Poof!
Yv svzogsb drgrm	Be healthy within

Next to each bolded letter that's printed on the edge of the five MyPlate pieces, write the corresponding letter/key solution in UV marker:

<p style="text-align: center;"><u>Fruits</u></p> <p style="text-align: center;">A B C D E Z Y X W V</p>	<p style="text-align: center;"><u>Grains</u></p> <p style="text-align: center;">F G H I J K L U T S R Q P O</p>	<p style="text-align: center;"><u>Vegetables</u></p> <p style="text-align: center;">M N O P Q N M L K J</p>
<p style="text-align: center;"><u>Protein</u></p> <p style="text-align: center;">R S T U V I H G F E</p>	<p style="text-align: center;"><u>Dairy</u></p> <p style="text-align: center;">W X Y Z D C B A</p>	