

## DO BE DO

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This is a simple game, easy to play and execute.  
The game is designed for many age groups and is customized for each.  
The purpose of this game is to assist participants to plan blocks of their day or week. Not only does the game provide a source of motivation to do many wonderful things, it gives people permission to do nothing.

### Supplies Needed:

1. Four foam/rubber (any soft substance) cubes. Each of the 6 sides on the cube is painted with a different color. For example, a cube may be painted red, blue, white, green, black, and brown. All four cubes would have these same six colors.
2. A one-sheet outline of three-color combinations and what activity one would do when those three colors are rolled. Actual colors are displayed on sheet. At least 10 combinations and associated activities are needed.
3. A set of cards that assist the participants in choosing what they could do under each category. This is optional. Participants may or may not use the cards to assist them in choosing an activity.

### Who Can Play:

For each group the activity sheet is customized, but the blocks stay the same and the way in which the game is played stays the same.

- **Teachers with Students.** When students finish their work during class and have time to spare, they can roll the dice to see what quiet activity they will do to finish off their class time. It's great for indoor recess days, too.
- **Children with Parents.** DO BE DO helps the kids plan segments of their day of their entire day or even their entire week in advance with their parents. Weekly planning was the case in my test trials.

- **Youth Groups.** DO BE DO is great at youth activities, allowing the teens to roll the dice to help plan the next activity.

### **How to Play DO BE DO:**

Roll the Cubes:

A player rolls the four cubes on the floor. Players may throw all four cubes at once or roll one or more at a time. If a player rolls two colors the same, they can take the duplicate cube and roll that one again. If they get three cubes the same color, they can take two more new rolls of all four cubes to get the colors they hoped for. If they roll the cubes and get four duplicate colors, they can go directly to the chart and pick the day they want.

Match Colors with Chart:

The participant is concerned with finding a combination of three of the four colors from the cubes on the chart. When they locate that combination of three colors on the chart, those three colors indicate their chosen activity. For example, a player rolls these colors: blue, green, black, and white. The player must find three of those colors in any combination on the chart and it will instruct them as to what they are to do. Example: The blue-green-black may designate "Arts and Crafts." Or, from those four colors, they may choose white-green-blue that designate "Read a Book." So, if they find more than one option, they get to choose among those options.

Pick A Card (Optional)

A player may choose to pick a card, if cards are provided, with activity ideas for each category.

Sample Activities:

CLASSROOM  
Read a Book

Write in Journal  
Arts and Crafts  
Build with LEGO  
Clean your Desk  
Read with a Partner  
Make a Card  
Do a Puzzle  
Tidy Up the Classroom Library  
Start Tonight's Homework

**FAMILY**

Adventure  
Reading  
Family Time  
Friend Visit  
Play  
Arts  
Pay It Forward  
Move Your Body  
Take Care of Business  
Make Something

**YOUTH GROUP**

Icebreaker Game  
Adoration Time  
Bible Scavenger Hunt  
Learn a Hymn  
Host a Fund-raiser  
Prayer Partners  
Help Senior Citizens in the Community  
Perform a Skit  
Plan a Field Trip  
Volunteer as a Group

Example of Sample cards (optional):

Activity Ideas:

#### ADVENTURE

- Go online and learn a cool dance move
- Go someplace you've never been (a park in your town, a friend's house, take a different route than usual, go to a museum, the zoo)
- Invite friends over who don't know each other
- Learn how to cook or bake something you like to eat
- Start your own "bucket list" of places you would like to see and things you would like to try in your lifetime
- Visit an indoor climbing gym
- Sing karaoke with friends or family
- Go online and learn about an animal that you like
- Go on a hike

#### READING

- Go to the library and pick a new book
- Build a fort with cushions for a book nook
- Ask an older sibling, relative, or friend to read you a book you might not read on your own
- Try listening to an audiobook (from the library or online)
- Read to someone else – friend or family
- Open the dictionary at random, pick a word you don't know, and add it to your vocabulary
- Open an encyclopedia (at the library, at home, or online) and read about something or someone new to you
- Research (at the library or online) a job you might like to do someday

#### FAMILY

- Consult your family members and schedule two "family times" in the next month

- Get everyone you live with (including neighbors if you like) and play a board game
- Ask an elder family member to teach you a new card game
- At a family meal, ask your family members what they dreamed about last night
- Interview a grandparent, aunt, uncle, or other relative about their favorite childhood memory
- Plan a special meal with your family when everyone can be together in the next week or two; help the cook to decide the menu
- Interview your parent/parents/caregiver about something you did that's funny or interesting when you were very young
- Take your dog for a walk with a family member or friend
- Play with your pet
- Skype/phone/email/write a letter to a relative or family friend who lives far away or who you don't see very much
- Make a list of at least three things that you like about each of your family members

#### PLAY

- Learn a new game (online or from your parents/grandparents)
- Play a board game
- Play tag
- Play hopscotch
- Play jump rope
- Build a fort with pillows and blankets
- Write and perform a play for your family and/or neighbors
- Make a list of at least three activities/places for your next school vacation
- Invite a friend over
- Visit the dollar store
- Get someone to teach you how to play chess

#### ARTS

- Visit an art gallery in your town and pick your favorite piece and explain why you like it
- Finger paint

- Paint/draw a picture of your happiest time
- Look at art galleries online – maybe one far away in a place your family has a connection to
- Listen to music and have a dance party (even a dance party for one!)
- Watch an old movie that's in black and white
- Make a video using a smart phone

#### PAY IT FORWARD

- Smile at someone who seems down
- Pay someone a compliment that you really mean
- Help an elderly relative or neighbor – or just visit them
- Have a play date with someone who doesn't have many friends
- Give away some of your toys to a charity (must include at least one that is difficult for you to part with)
- Do a chore around the house that you normally are not expected to do (tidy the front hall closet or organize a drawer in the kitchen)
- Play with a younger sibling/neighbor without being asked to and play a game that your sibling wants to play
- With your parents/caregivers, choose a few cans/boxes of non-perishable foods (including one you like to eat) and donate them to a food bank
- With your parents/caregivers, volunteer at a nearby charity (a soup kitchen or food bank)
- Say a prayer for someone you don't get along with
- Help a sibling with their chores/homework
- Write a thank-you note to someone you appreciate (a family member, teacher, the school janitor, crossing guard, a priest/minister, a secretary, a volunteer, a doctor, nurse, or principal)
- Volunteer for a neighborhood clean-up (or just go to your local park and pick up trash)
- Help an elderly relative or neighbor with e-technology they struggle with

#### MOVE YOUR BODY

- Have a dance party (even a dance party for one!)
- Play jump rope

- Play catch
- Play tag
- Play hide-and-peek
- Go up and down the stairs three times
- Go swimming
- Go to a water park
- Go to the zoo
- Play "Simon Says"
- Sweep the kitchen floor or vacuum a room in your home
- Walk your dog
- Have a water fight with balloons half-filled with water
- Hop on one foot for one minute, then switch sides
- Clean your room – make it energetic and thorough

#### TAKING CARE OF BUSINESS

- Clean your fingernails
- Memorize your address and your parent's/caregiver's cell phone number
- Finish (or start) a school project
- Read ahead in a book for school
- Return something you borrowed
- Do your chores – with a smile!
- Clean up your pet's mess in the backyard or cat's litter box
- Unload the dishwasher
- Tidy your closet/bedroom
- Return library books
- Tidy and organize your play area
- Weed the garden or water the plants
- Apologize to someone you weren't nice to
- Use a computer to make yourself a schedule/calendar you can post in your room to remind yourself of what's happening (including family and friend birthdays and other special days)
- Help a younger sibling with a chore or their homework

- Go through your backpack and sort/tidy everything, throw out what you don't need and then clean it
- Set the table for supper
- Help your parent/caregiver write the next grocery list
- Fold the laundry and deliver piles of clean clothing and linens to the right rooms/closets

#### MAKE SOMETHING

- Paint, draw, videotape, record, papier-mâché, finger-paint
- Make a snowman or snow angels
- Bake or cook something
- Write a poem (even a haiku or limerick) or a story
- Make a puppet out of an old sock using items you find around the house (ask if it's OK to use something that is not yours)
- Have an older relative or friend teach you how to knit
- Invent a new game
- Plant seeds and water them and keep a diary of their growth
- Make new jewelry out of old necklaces, bracelets and earrings (ask before you use anything that isn't yours)
- Have an older relative or neighbor help you make something out of a tree branch
- Pick flowers from the garden and make a bouquet
- Build a fort with cushions, pillows and sheets or blankets
- Cut up or rip up old clothing or towels to make cleaning rags
- Make a greeting card for a friend or family member whose birthday is coming up