



Campus Recreation &
Wellness Promotion

Wellness Education Facilitated Activities and Games:

The *Frogs for Wellness Peer Educators* can help you incorporate health and wellness information into your programs and events. These activities and games are mobile, interactive, and engage your students in learning.

8 Hours or Bust – How much sleep do you really need? Which habits positively affect your shut-eye?

Bartending School – Do you know how to pour? Learn about standard drink sizes, BAC basics, and responsible drinking tips.

Blackout Blackjack – The closest to .01 BAC wins! This interactive card game teaches students about the strength of mixed drinks, BAC, behavioral cues, and intoxication rate factors.

Consent Continuum – Discussion-based activity where participants work as a group to “rate” phrases and situations on a “consent continuum.”

Drunk Goggles – from remote control cars to corn-hole, we can facilitate an activity for students using the drunk goggles.

Jeopardy Game is available on the following topics: sexual health, alcohol, alcohol and other drugs, general wellness, and safe spring break tips.

Mirror, Mirror – An interactive program on body image. Participants learn about body/body image myths perpetuated in the media and culture; promotes body positivity.

Nap Happy – Evaluate your sleep routine! Are your habits setting you up for sleep success or sleep distress?

Pillow Talk Bingo – Bingo game featuring information on sexual health, STIs, healthy relationships and resources for students.

Safe Spring Break Quick Quiz Competition – Review safe spring break tips through this quick-paced competition!

Stress Less! – Participants will identify common causes of stress, learn tips on how to manage stress, and engage in stress-reducing activities (coloring, sugar scrubs, stress balls, breathing activities, etc.).

Spin Wheel – A variety of health and wellness topics available in the spin wheel format.

Water Pong – Using the Frogs for Wellness “house rules,” students will learn about standard drink sizes and blood alcohol content (BAC); alcohol tips and trivia can be incorporated.