

A NETFLIX ORIGINAL SERIES

DREAMWORKS

# SHE-RA AND THE PRINCESSES OF POWER

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STREAMING

## INTRODUCTION & PURPOSE

This challenging cup stacking game is a blast to play and builds focus, hand-eye coordination, and strong communication and synchronization skills between all team members. The larger purpose is to provide a visual and interactive way to teach kids how each of us as individuals (cups) are part of a larger network / society (pyramid) and that we are all connected and rely on one another to help support the system we have built and are an integral part of. It also provides a visual metaphor for the importance of appreciating history. A completed pyramid illustrates how each new generation stands on the shoulders of the ones that came before and how we can always choose to build on the achievements of the past and continue to rise up higher and higher, striving for greater balance in our world.

## SET UP

1. Start by splitting into teams of 4 to 6.
2. Cut strings about 24" long, one for each team member.
3. Tie one end of each string around a single rubber band, spacing them equally as you go.
4. Print and cut out **two sets** of all 10 characters per team and tape each character on both sides of a cup making sure the open end is facing down.
5. Place the cups on the table (open side down) in a line or grouped together, unstacked.

## PRACTICE

1. Have each person on the team pick up their string and see what happens when all of them pull on their string and when just a couple of people pull on their string. Be sure they understand the tension and shapes that the rubber band is pulled into.
2. Have each team practice getting the rubber band around the cup, picking it up using tension, moving it as a coordinated team to a designated stacking area, and gently releasing the cup.
3. Emphasize the importance of communicating with each other and working as a team.

# HEROIC SUPPORT PYRAMID GAME

## You will need:

- Paper or plastic cups
- Rubber bands
- String
- Scissors
- Tape
- Finding My Inner Balanced Hero Booklet

## Group size:

- Ideal for multiple competing groups of 4 to 6

## HOW TO PLAY

1. Each player needs to have their "Finding My Inner Balanced Hero" booklet handy.
2. The teacher / moderator will describe one of the characters in the book by their powers, character traits, strengths or struggles.
3. Once the team decides who is being described, they race to grab the character cup with their rubber band and place the cup in their stacking area.
4. Which ever team finishes stacking the cup first receives a point.
5. This process is repeated until all the cups are stacked into a pyramid. The points for each team are then tallied to reveal the winners.
6. After the first round, speed rounds may be played allowing the teams to race against one another, quickly stacking their cups (in no particular order) using the strings and rubber bands. (No character descriptions will be read for these rounds.) Upon completing their pyramid, the team will say aloud, "For the honor of Grayskull!" The first team to complete wins the round.



International Women's Day

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## CHARACTER CUP LABELS (pg. 1 of 2)

1. **Print two copies** and cut out all character cards.
2. Tape each set of characters to a cup with the cup opening facing down toward the table. Be sure to tape the same character on both sides of the same cup to ensure they are visible for players on both sides of the cups.
3. Each team should have their own set of all 10 character cups to complete a pyramid.

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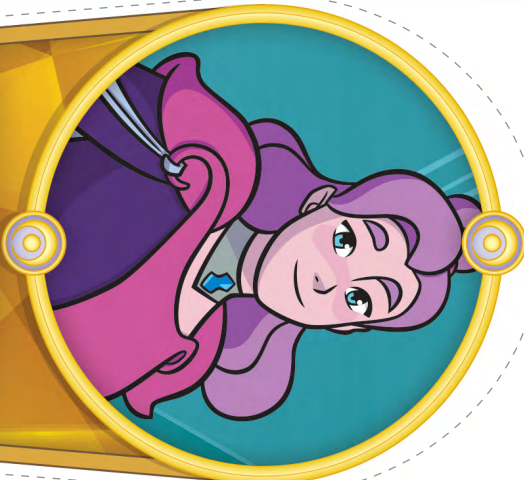
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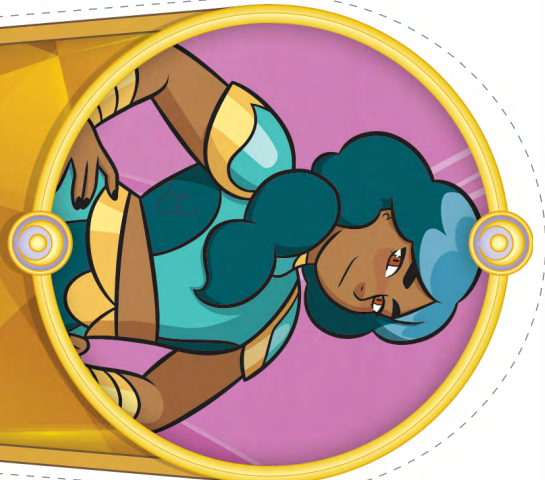
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