

🇬🇧 English Version, Physical Class Game – Stories 076  
 Title: How Do You Spend Your Time? , No Talking – Only Acting  
 Game Concept: The SSSSB Guru presents a situation.  
 Students who feel connected to the situation respond by acting it out

**Physical Class Game – Stories 076**

## How Do You Spend Your Time?

**No Talking – Only Acting**

The SSSSB Guru presents a situation.

- ✓ Students act it out:
- ✓ without speaking    ✓ with small movements
- ✓ while sitting or standing in place

**Situations (Numbered Version)**

| Daily Situations & Social Choices        | School, Growth & Development                     | Fun & Relaxation                    | Modern Challenges & Self-Control                           |
|--|--|-------------------------------------|--|
| 1. Your mother or father needs help...   | 7. You have a test or important task tomorrow... | 13. It is a holiday...              | 23. You spend a lot of time on your phone...               |
| 2. Your friend or classmate feels sad... | 8. You want to improve at something...           | 14. You are with friends...         | 24. You get distracted easily...                           |
| 3. You have free time today...           | 9. You have received extra time...               | 15. You feel happy and energetic... | 25. You want to achieve something...                       |
| 4. You have finished your tasks...       | 10. You need to make a choice...                 | 16. You want to have fun...         | 26. You have many possibilities...                         |
| 5. Someone feels lonely...               | 11. You need to concentrate...                   | 17. You want to relax...            | 27. You must choose between pleasure and responsibility... |
| 6. You see someone who needs help...     |  |                                     |  |

✓ Which choices help others?  
 ✓ What helps you grow?  
 ✓ What brings lasting happiness?

**Om Sai Ram**

### Situations

1. “Your mother or father needs help...”
2. “Your friend or classmate feels sad...”
3. “You have free time today...”
4. “You have finished your tasks...”
5. “Someone feels lonely...”
6. “You see someone who needs help...”
7. “You have a test or important task tomorrow...”
8. “You want to improve at something...”
9. “You have received extra time...”
10. “You need to make a choice...”
11. “You want to achieve a goal...”
12. “You need to concentrate...”
13. “It is a holiday...”
14. “You are with friends...”
15. “You feel happy and energetic...”
16. “You want to have fun...”
17. “You want to relax...”
18. “You hear music...”
19. “You feel inspired...”
20. “You discover a talent...”
21. “You want to create something beautiful...”
22. “You want to express yourself...”
23. “You spend a lot of time on your phone...”
24. “You get distracted easily...”
25. “You want to achieve something...”
26. “You have many possibilities...”
27. “You must choose between pleasure and responsibility...”