



SCHOOL: Primary school Višnjevac, Višnjevac, Croatia

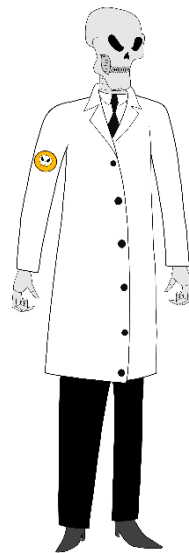
WORKSHOP: Escape Room „Bones & Phones“

SUBJECT/CLASS: Biology and Physical education

„BONES & PHONES“

Mission Objective

A mad scientist trapped you all in the classroom. In order to escape, you must use your knowledge of the skeletal system, devices on health prevention, to convince him to let you go. Answer the task at each level.



trapped you all in order to escape, you must use your knowledge of the impact of digital and physical devices to convince him to let you go. Answer the questions and make Once all levels are

complete, you will be able to break out and save the day.

You must hurry and escape before you trapped in class forever!

Good luck!



Level 1

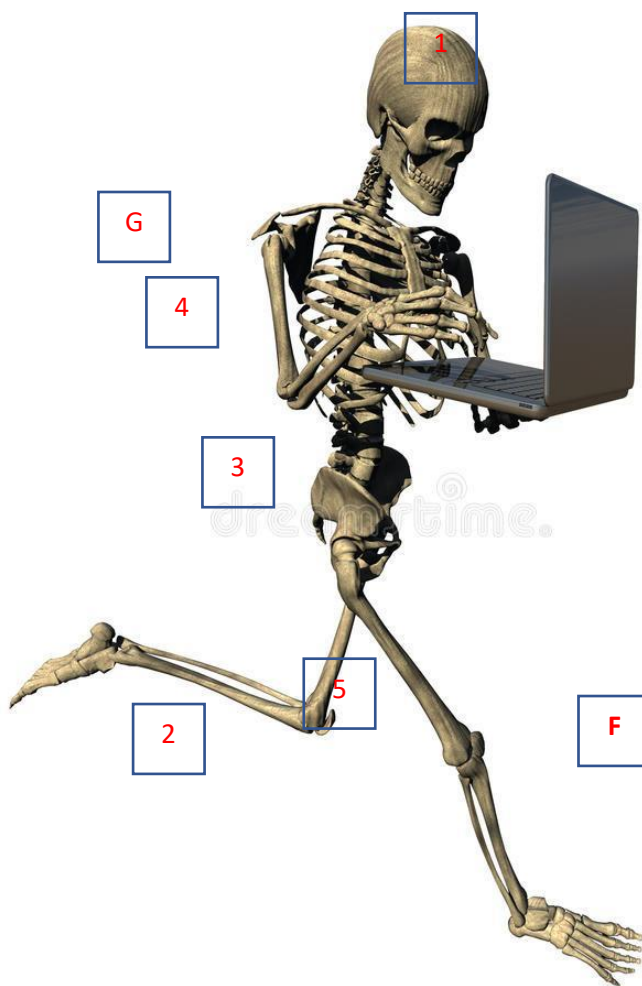
Mission 1

The skeleton wants to help you get out into the fresh air as soon as possible, but he won't be able to do that without your cooperation... help him to succeed together. **Look into the red envelope!**

TASK 1.

Find the pairs of bones from picture 1 and picture 2.

Match the number with the letter!



1 _____ 2 _____ 3 _____ 4 _____ 5 _____

SOLUTION



IN FRONT OF YOU IS AN UNFINISHED QR CODE. IF YOU COLOR THE FIELDS MARKED WITH LETTERS LIKE YOUR SOLUTION IS, YOU WILL BE ABLE TO SCAN CODE AND SEE HOW MUCH YOU KNOW ABOUT BONES. GOOD LUCK!

3	N	E	2	2	0	4	4	E	1	0	N	B	2	2	
1	B	3	4	2	1	B	4	2	N	4	1	3	N	E	
	N	B	N	N	2	0	B	S	2	1	1	N	S	4	1
2	3	1	E	N	2	N	B	N	2	E	3	1	N	3	
2	S	5	3	0	N	2	S	3	N	E	0	4	E	0	
B	4	1	B	2	2	2	2	0	1	2	4	E	E	0	
E	2	B	E	E	3	N	B	2	1	4	E	2	1	2	
S	E	2	2	S	4	E	3	S	N	3	0	0	S	4	
B	N	2	0	1	0	N	1	0	3	3	1	2	N	B	
4	E	3	S	S	N	0	0	3	3	E	S	3	3	3	
4	4	0	N	B	1	N	1	4	1	N	3	B	2	E	
B	0	2	0	S	4	1	2	3	S	N	3	S	2	4	
N	5	2	2	S	N	3	3	S	B	4	2	4	3	B	
5	3	4	S	2	N	3	E	2	E	B	3	4			
2	N	1	E	N	4	E	B	B	3	E	E	1			

*use black marker to colour what you have to



**IF YOU FINISHED WITH
YOUR TEST JUMP TO LEVEL**

2,

HOW???

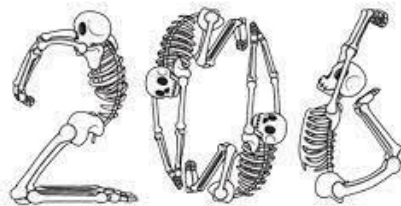


Hint; First make sure
the mad scientist is not
under your chair!

Level 2

Mission 2

**NOW THAT YOU'VE BEEN
REMINDERED ABOUT YOUR
IT'S TIME TO STRETCH
THEM...BUT HOW?**



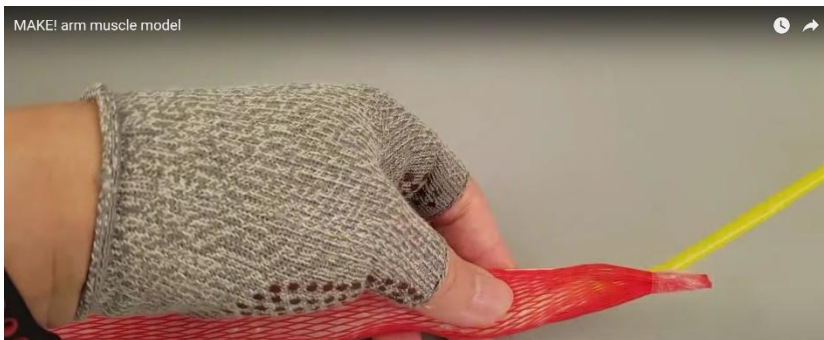
BONES,



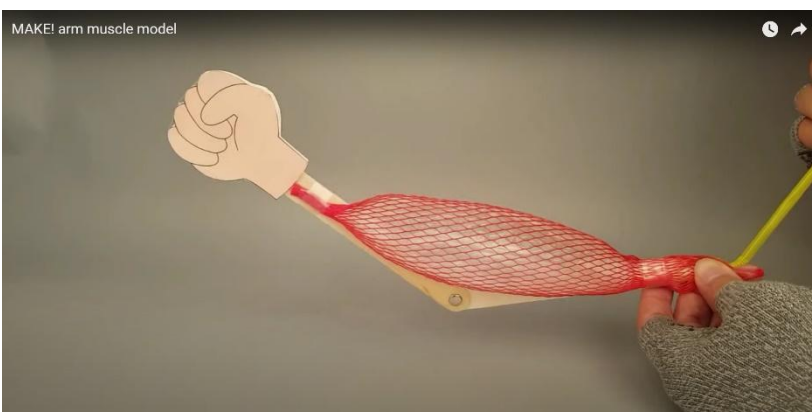
THE OLD BONES ARE STORED IN A BOX - BUT
WHERE TO FIND IT... THE CLUE WILL BE GIVEN
FROM THE YELLOW ENVELOPE BY THE STICKS
WHEN YOU PLACED THEM IN ORDER...SO, GO,
TIME IS RUNNING AWAY!

STRETCH OLD BONES

TASK 2



ATTACH THE STRAW TO THE UPPER END OF THE NET USING ADHESIVE TAPE.

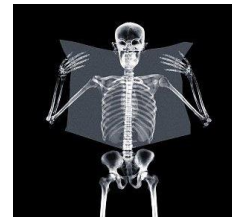


**BLOW AIR AND WATCH WHAT HAPPENS TO THE HAND BONES.
THEN BLOW OUT THE AIR AND NOTE THE CHANGES.**

TASK 3.

COMMENT WITHIN THE GROUP ON THE ROLE OF BONES AND MUSCLES....

....then take paper roll from the box to know what to do next!



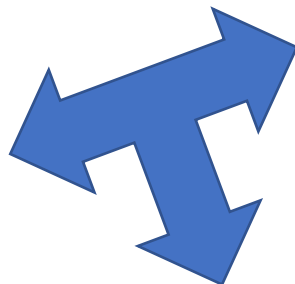
Level 3

Mission 3

CONGRATULATIONS, YOU STRETCHED YOUR BONES, SO I WILL ASK YOU NOW; WOULD YOU RATHER BREAK YOUR BONE OR YOUR PHONE?!

WHATEVER YOU ANSWER, HURRY UP BECAUSE YOU NEED TO

DISCOVER WHAT **RSI** IS





TASK 4.

create a short, quick poster or mind map to buy a green envelope with a key for your next mission!

Hint; the TALL MAN with LONG LEGS, can run really fast and he likes the green envelopes

The poster/mind map should contain; RSI-what is it, causes, symptoms, consequences (diseases), prevention.

Level 4

Mission 4

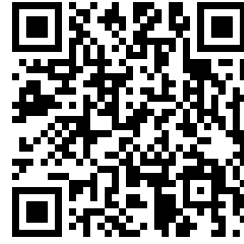
IT'S TIME TO ESCAPE - ARE YOU READY?

NOW READ CAREFULLY - PRACTICE IS THE CODE AND REPETITION IS THE KEY - BUT EVERYONE HAVE TO PARTICIPATE, OK?

Task 5.

Each of you will choose one exercise for one part of the body to help the bones stay fit after long hours of using tablets, computers and phones. Choose exercises for the neck, shoulders, arms, fingers and seated mobility exercises.

You must show your exercise to other members of the group and they must repeat it.



While doing the task you have to make sure that the tall man with long legs is watching you, get his attention ! Without his sign, your task cannot end.

Hint; When a tall, fast man with long legs raises his long toe to your group, run faster than him out the door.

SEE YOU OUT THERE

SOMEWHERE!

HAVE A NICE REST

OF THE DAY!