

Defense Mechanisms

1. 1 to 100

Spatial Requirements: Regular classroom setup: little or no space required

Activity Type: Movement/group

Grades: 4-12

Group Size: 4 or more

Time: 10-15 minutes

Introduction: This activity will teach youth that it is important to stay in control when faced with a pressure situation.

Materials:

- 1 paper and pencil per person
- 1 die per group

Activity:

Divide the group or class into equal-size groups of four and up to six. Give a paper to each person in the group. If possible, have the group sit around a table with only one pencil or pen in the middle of the table. Give one die to one of the students to start the activity. Each person takes a turn at rolling the die. When a six comes up, the student picks up the pencil and begins to write on his/her paper as fast as he/she can in order 1 up to 100. The other members continue to roll the die. As soon as another six is rolled, the person with the pencil places it in the middle of the table and the person who rolled the six picks it up and begins to write on their own paper 1 to 100. The first person who can write on their own personal paper all the numbers up to 100 is the winner. Keep in mind that the only time you can write is after you have rolled a number six. When another six comes up, you must give up your pencil to another player.

Processing the Experience:

Notice how the students respond to the stress and pressure of the game. Do they stay in control or lose control of their emotions?

- What emotions and feelings did you have during this activity?
- Did you express them in a positive or negative way?
- How did you feel when someone ripped the pencil out of your hand after they rolled a 6?
- When a student was about to reach 100, how did the group respond?
- How did the person who won respond, and how did each of the players react to the situation?