

# Defense Mechanisms

## 10. Luck of the Dice

**Spatial Requirements:** Classroom with moderate space required

**Activity Type:** Movement/group

**Grades:** 2-12

**Group Size:** 4 or more

**Time:** 10-15 minutes

**Introduction:** Life is not always fair, but we can choose how we react to the challenges it gives us. This activity will show participants how they respond to unfair situations.

**Materials:**

- 1 die
- 1 piece of candy per student minus 1

**Activity:**

Sit in a circle, and place the candy and the die in the middle of the group. The person that has a birthday closest to yours goes first. The rules are as follows:

1. A person can take a piece of candy only if a one (1) is rolled, but cannot eat it.
2. Play continues clockwise until the candy is gone.
3. Once the candy is gone, any participant who rolls a one (1) may take a piece of candy from any other person in the group.

Play continues for a predetermined time (until the frustration comes or "That's not fair" comments are made).

**Processing the Experience:**

- Did anyone notice that there was one less piece of candy than the number of participants?
- What thoughts went through your mind when you noticed that there was not enough candy for everyone?
- What kind of emotions did you experience in the game?
- Why isn't life always fair?
- When was the last time that you did not get what you wanted?
- How do you act when you do not get what you want? Is that a positive or negative defense mechanism?
- If it is negative, what could you do different?
- How can you tell if a defense mechanism is positive or negative?