

# ***Numbers Race Teaching Activity (Stress)***

*SHAPE America Presentation 2015  
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## **Activator: (4-5 minutes)**

- This warm-up activity requires students to get into EQUAL small cooperative learning groups (no more than 4) with a blank piece of paper and ONE writing utensil situated in the middle of the group on a flat surface.
- The goal is for the group to write consecutively on the piece of paper using the ONE writing utensil the numbers 1 to 100 as fast as they can compete against the other small groups of students in the class.
- On the teachers “Go” signal; one person begins writing until the teacher says “Stop”.
- At that signal, the person writing MUST drop the writing utensil on the flat surface (table or desk). On the next “Go” signal given by the teacher, the next person picks up the writing utensil quickly and continues numbering from where the first person left off...this continues until one group reaches 100.
- That group is awarded FIRST place. The activity continues until all groups complete the task....awarding SECOND, THIRD, and FOURTH places.
- The teacher then processes the activity using questions that focus on stress, competition, etc.

## **Excerpt from Tom Jackson’s Book More Activities That Teach**

Topic Area: Stress

CONCEPT: Stress is not something that usually comes on full force all at one time. In most cases it is a gradual building kind of thing that you hardly notice. Your stress might be caused by a number of things that build up or it could just be one future event which looms larger and larger as the closer it gets. We could use a test at school for example. When it is announced that you will having a test in a couple of weeks you may feel some stress but two weeks seems like a long way off at the time. As the date of the test grows nearer and nearer you may start exhibiting both physical and emotional signs of stress. This anticipation causes anxiety and increases the closer to the event you get.

TIME NEEDED: 20 minutes and discussion time

### **MATERIALS NEEDED:**

- 1 piece of paper per person
- 1 writing utensil
- 1 die or 2 dice per group

### **ACTIVITY:**

Divide the group into groups of five. It is best if they are sitting around a table, but the activity can be played on the floor. Each person needs to have a piece of paper and each group needs to have one writing utensil and 1-2 dice.

The activity works like this. Any person in the group may be the one to start by rolling the dice. The object is to roll a “six” (or any other number expressed by the teacher). Each person gets one roll to get a “six”. If the person does not roll a six, then the dice is passed to the person on their left and they have one roll to try and get a six. Upon rolling a six, that person takes the pencil and starts to number on their paper 1 to 100 (this number can be adjusted for varying abilities). The rules are that the numbers must be written one at a time, in consecutive order, and be legible. Have the person who is writing count out loud as they are writing each number. This tends to increase the excitement and stress of the activity. Everyone else keeps rolling the dice, skipping the person who is writing.

The person continues to write numbers until someone else in the group rolls a six. At this time, they must stop writing and give the writing utensil to that person who now begins to write. Remember that the dice continues around the table as the person is writing. When your turn to write is over, you once again take your turn rolling the dice.

Each time an individual rolls a six, they continue to write numbers where they left off. For example, if you had written 1 to 15 on your first turn then you would pick up with number 16 the next time you reach a six. The round continues until someone in the group reaches 100. Suggestion is to conduct at least two rounds.

#### DISCUSSION IDEAS:

- How easy was it for you to roll a six?
- How high did you get in writing the numbers?
- How easy was it to get the writing utensil when it was your turn to write? Did this change as the game got closer to the end? How?
- When the activity first began, what was the level of excitement in the group?
- Did the excitement level change as people got closer to 100?
- How can we compare this activity to stress in our lives?
- How anxious do we feel about something that is going to happen a year down the road?
- Please describe situations where you or a friend were stressed out over something that wasn't too bad when it actually happened.
- Do we sometimes cause ourselves to be stressed when we really do not need to be? Explain.
- What are some of the behaviors we exhibit when we are under stress?
- How does our behavior affect others?
- What are some of the negative ways that we can reduce our anxiety or stress level about future events? (Tests, sporting events, an oral report, dating, getting a job, college, etc.)
- What are some of the positive ways that we can reduce our anxiety or stress level about future events?
- How can we help others reduce their levels of stress?