

Stress Game

The first student to write the numbers 1,2,3,4..consecutively to 100 wins.

Time

10-20 minutes

Materials

1 die

1 pencil or pen

1 sheet of scrap paper for each of the 3-4 people per group

Instructions

1. Students are to sit around a desk within arms length of each other.
2. Place the pen or pencil in the centre of the desk.
3. Each student has a piece of scrap paper to write on.
4. Have the oldest person in the group choose a number between 1 and 6.
5. The object of the game is to be the first student to write the numbers 1,2,3,4..consecutively to 100. Students take turns rolling the die trying to roll the selected number (1-6). The youngest person can decide whether the group rolls in a clockwise or counterclockwise direction. The youngest person also rolls first (you can make your own rules of course).
6. Once a student rolls the selected number they grab the pen or pencil and begin writing 1,2,3,..... as fast as they can.
7. As the student is writing the other students attempt to roll the selected number as fast as they can..
8. When another student rolls the selected number they grab the pen or pencil and begin writing 1,2,3... themselves.
9. If a student has their pencil stolen and they get it back they do not need to start at 0, they simply continue on from their last number.
10. This game is stressful because students can get to 99 and have the pen or pencil stolen and not roll the selected number again. Students who are at 1 or even 10 can catch up and defeat a student who is stuck at 99.

Encourage students to go as fast as they can. Students quite often get very involved and have a lot of fun with the activity. If they finish early have them play out the 2'nd, 3'rd and fourth place finishes. You could have treats for the winners. I usually spend the last 10-20 minutes of our first day in Career Studies with this game. We follow up with a brief lesson/discussion on stressful jobs with tips on how to reduce stress at work, home, school etc.. Discuss how the students dealt with any stress during the game. Would this be acceptable at the workplace?