



Beat the Clock

Description

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Students work together and decide which challenges to accept in order to earn the most points before time is up.

Supplies

- [SEL Activity Beat The Clock Challenge Sheet](#) printed for each team

How to Play

1. Divide students into several teams.
2. Explain to students that they must work together in their team to earn as many points as possible.
3. Tell them that you will be giving each team a challenge sheet that has different challenges with assigned points they can earn by completing them.
4. Start a ten minute timer and cheer on the teams as they race to complete the challenges.
5. At the end of the ten minutes, have teams announce their final score to determine the winning team.

Activity Prompts for Reflection

- What was a positive choice you/your team made during this activity?
- Now that you have completed this activity what choice would you change if you could?
- What were some ways you were able to avoid negative peer pressure during this activity?
- Think of a time during this activity when you could have used positive peer pressure. Share an example of what you could have said.

Other Ways to Play

- Have the entire group work together to try to earn as many points as possible, instead of dividing into teams.
- Add in other challenges based on supplies available, students' academic level, and students' interests.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Downloads and Links

[SEL Activity Beat The Clock Challenge Sheet](#)

Category

1. Activities
2. Responsible Decision-Making

Sel-competency

1. Responsible Decision-Making

Allotted-time

1. 20 minutes

Themes

1. General