



Go For Ten

Description

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Students practice controlling themselves while working together as a group.

Supplies

- No supplies needed

How to Play

1. Have students sit in a circle.
2. Explain they are trying to count to 10 as a group.
3. Tell the group that this will be trickier than it sounds because there are several rules:
 - No one can talk unless they're saying a number out loud
 - Students cannot tell each other what number to call out
 - Students cannot point to each other or signal to let others know when to go
 - Students sitting next to each other cannot say consecutive numbers
 - Two people cannot say a number at the same time
4. If any rules are broken, the group must start over with the number one.
5. Continue playing a few rounds having a new person start with number one and/or changing up the counting rules. *See Other Ways to Play.*

Activity Prompts for Reflection

- When was it difficult for you to control yourself during this activity?

- What emotion did you feel when you messed up?
- What was difficult to control while playing the game?

Other Ways to Play

- After each round have them brainstorm ways that they can improve on the next round.
- Have students practice spelling by spelling out a word for the round instead of saying numbers.
- Have students practice skip counting and set the end goal number based on how many students are in the group and what numbers they are skip counting by.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If you have a large group, you can split them into smaller groups.

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 10-20 minutes

Themes

1. General
2. No Supplies Needed