



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 <u>SEL Activity Prompts</u> 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