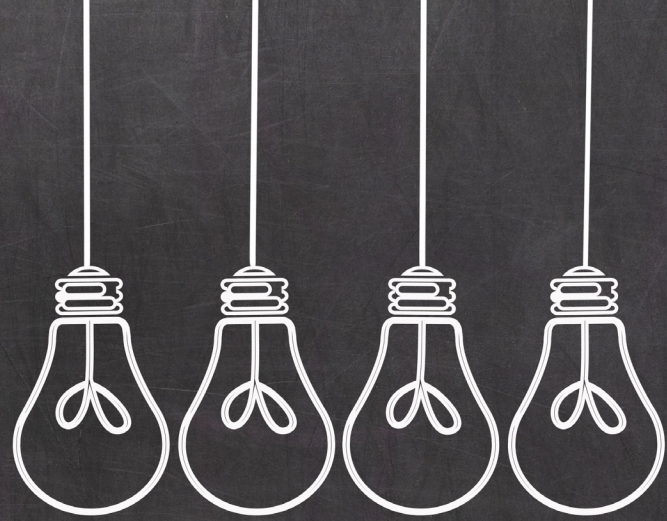


Idea in ACTION



FOR STUDENTS IN MIDDLE SCHOOL



Number Freeze

Directions

- ▶ One student is the leader. Everyone else in the room is seated. The leader faces the class and calls out any number that is less than the size of the class.
- ▶ The leader sets a timer for 60 seconds and says “Go.” Classmates try to get the stated number standing at the same time while following two rules:
 - 1) No one may talk or point.
 - 2) Anyone may choose to stand at any time, but no one can stand for more than five seconds at a time (students count in their heads).
- ▶ When the leader thinks the right number of classmates is standing (or the timer goes off), the leader says “Freeze!” and counts the number standing to see if the numbers match.

Tips for Success

The teacher models how to stand for only five seconds. Students brainstorm ways to count in their heads without getting distracted, such as counting on their fingers.

During and/or after the game, the teacher can ask reflection questions to have students grow their SEL competencies:

- “How might we be aware of ourselves and others so that we can cooperate to reach the number goal?”
- “How might we use self-control so as not to talk or point during the activity?”