

# COME ON SIX

**TOPIC AREA:** Stress

**CONCEPT:** Stress is not something that usually comes on full force all at one time. In most cases it is a gradual building kind of thing that you hardly notice. Your stress might be caused by a number of things that build up or it could be just one future event which looms larger and larger the closer it gets. We could use a test at school as an example. When it is announced that you will be having a test in a couple of weeks you may feel some stress but two weeks seems like a long way off at the time. As the date of the test grows nearer, your stress level begins to increase and you may start exhibiting both physical and emotional signs of stress. This anticipation causes anxiety and increases the closer to the event you get.

**METHOD:** Classroom activity

**TIME NEEDED:** 20 minutes and discussion time

**MATERIALS NEEDED:**

- 1 piece of paper per person
- 1 pencil or pen per group of five
- 1 dice per group

**ACTIVITY:** Divide your group into groups of five. It is best if they are sitting around a table, but the activity can be played on the floor. Each person needs to have a piece of paper and each group needs to have one pen or pencil and one dice.

The activity works like this. Any person in the group may be the one to start by rolling the dice. The object is to roll a six. Each person gets one roll of the dice to roll a six. If the person does not roll a six, then the dice is passed to the person on their left and they have one roll to try and get a six. This pattern continues until someone rolls a six. Upon rolling a six, that person takes the pencil and starts to number on their piece of paper from 1 to 100. (You can adjust this number for groups of varying abilities). The rules are that the numbers must be written one at a time, in consecutive order, and they must be legible. Have the person who is writing count out loud as they are writing each number. This tends to increase the excitement and stress of the activity. Everyone else keeps rolling the dice, skipping the person who is writing.

The person continues to write numbers until someone else in the group rolls a six. At this time, they must stop writing and give the pencil to that person who now begins to write. Remember that the dice continues around the table as the person is writing. When your turn to write is over, you once again take your turn rolling the dice.

Each time an individual rolls a six, they continue to write numbers from where they left off. For example, if you had written numbers 1 to 15 on your first turn, then you would pick up with number 16 the next time you rolled a six. The round continues until someone in the group reaches 100. I would suggest that you have at last two rounds.

## DISCUSSION IDEAS:

- How easy was it for you to roll a six?
- How high did you get in writing numbers?
- How easy was it to get the pencil when it was your turn to write? Did this change as the game got closer to the end? How?
- When the activity first began, what was the level of excitement in your group?
- How did the excitement level change as people got closer to 100?
- How can we compare this activity to stress in our lives?
- How anxious do we feel about something that is going to happen a year down the road?
- How does our anxiety level change the closer the event is to happening?
- Please describe a situation where you or friends were stressed out over something that wasn't too bad when it actually happened.
- Do we sometimes cause ourselves to become stressed when we don't really need to be? Explain.
- What are some of the behaviors that we exhibit when we are under stress?
- How does our behavior affect others?
- What are some of the negative ways that we can reduce our anxiety or stress level about future events? (Tests, sporting events, an oral report, dating, getting a job, college, etc.)
- What are some of the positive ways that we can reduce our anxiety or stress level about future events? (See question above)
- How can we help others reduce their levels of stress?