

Aim High

For this activity you will need 4 paper plates. Mark one number on each plate: 5, 10, 15, 20. Each student will receive 2-3 pennies, buttons, or some small object. Mark a line on the floor with masking tape. Place the first plate (marked 5) close enough to the line so that when standing behind the line, most students can throw the penny and have it land on the plate. Place the three remaining plates in order farther away from the first plate so that the higher the value the farther the plate. The 20 point plate still needs to be within a reasonable distance for the age and skills of your students. Use only 3 plates if 4 plates make the distance too far. The last plate needs to be a challenge for the students; they should not be able to throw to that plate easily. Start by asking the students to stand in a line behind the tape line. They will take turns throwing their pennies onto the first plate. Once everyone has had a chance to do that, let them collect the pennies and try again, this time aiming for the second plate. When they master the second plate, they can move onto the third and so on. When they have completed all of the plates you can ask them how difficult it would have been to start with the last plate. Help them to see that in order to achieve larger goals, you need to break it down into smaller goals and work up to accomplishing large tasks.

With the numbers on the plates, you can have the students keep score based on how many plates they hit. You can also number the plates 1, 2, 3, 4 if you don't wish to keep score. For much younger students you may want to use hula hoops or box lids to provide larger targets.



Cold Cash

This activity requires that you prepare special ice cubes ahead of time. Fill the tray half full and freeze. Place a dime, nickel or penny on the ice cube half and fill with water. Return to the freezer. Try to get the coin in the middle of the ice cube. Divide the class into small groups of 2 or 3. Each group gets an ice cube which they must melt in order to get to the coin. Use different valued coins so that they are not all the same. The rules for melting are that they may not touch their tongue or mouth to the ice cube and they may not hit it with anything or throw it at anything. (Be sure to give each group paper towels to avoid puddles in the classroom or do this activity outside.) When all of the groups have melted their cube enough to remove the coin discuss how this activity relates to be determined to reach a goal. Ask if they would do it differently if they had a second chance. Did they watch what other groups were doing and copy? If you had a lower value coin did you work as hard as groups that had higher value coins? Did you work harder when you first started or when you got closer? How does determination help you reach your goals?