

Count 30

is a group problem-solving activity that can also be used as a self-regulation activity.

Equipment Needed:

None

Instructions:

Tell the group that they are to count from one to 30 as a group. Sounds easy? Not really. There are guidelines that must be followed:

- All 30 numbers (1-30) are to be said out loud in numerical order.
- No one person may say two consecutive numbers.
- All members of the group must say at least one number during the sequence.
 - If the group is smaller than 15, you may want to tell them that all group members must say at least two numbers sometime during the sequence.
- There may be no physical gestures while the group is counting (i.e.: no pointing, nodding, moving around).
 - If you want to make the activity potentially significantly easier, skip the no physical gestures rule. I would not give them the idea of using physical movement to help, I would just not mention it.
- No two people may speak at the same time.
- If anyone speaks at all during the same time that another person in the group speaks, the group must begin again at 1.

Possible Debriefing Questions:

- Describe the process the group went through step by step. Just what did you see/hear - not your feelings or interpretations of behavior.
- What was the most difficult part of this activity for you?
- What did it feel like to be a person who spoke at the same time as someone else causing the group to start over?
- How did group members treat people who caused the group to start over?
- What did someone do that you felt particularly helped the group?
- What did someone do that hindered the group?
- How hard was it to stop yourself from blurting out a number?
 - If it was really hard, what do you feel made it hard for you?
 - If it was really easy, what do you feel made it easy for you?
- How does this relate to the classroom?
- During a regular classroom activity do you blurt out?
- If so, how does that affect the class? How does it affect you?
- What can you do to help yourself avoid blurting?
- What can others do to help you avoid blurting?
- What can you do to help others avoid blurting?
- What can teachers do to help you avoid blurting?
- Do you think blurting affects your success in class?