

# *“Level Up” in Character!*

## **Punctuality : Promptness**

### ***“Beat the Clock”***

The ability to be punctual or “on time” is an essential character trait. Being “on time” shows respect to people and helps your own mental health. When you are late to class it disrupts both your teach and classmates. When you are late to school it may make you anxious, nervous, and frustrated which can have an impact on your performance.

So to practice what it feels like to be on time or to be late we are going to play a game called “Beat the Clock”!

There are several games you can play to “Beat the Clock” you can find these if you google “minute to win it”. This game is just one example. After you play discuss how you felt during the game, how it felt to be finished before time was called, or how it felt not to finish before you ran out of time.

### **What You Need**

- Stop Watch or Timer
- Large bowl of Kix cereal (or any other round cereal)
- Set of chopsticks for each player (usually 3 or 4 people per large bowl)
- Cup for each player

### **How to Play**

Players work individually to move as many Kix cereal pieces from a central bowl into their own plastic cups, using only a pair of chopsticks.

Easy? Think again!

## **#GAMEON**

