

"TWENTY"

Age range: 8+
Participants: Unlimited
Materials: None

If students are online, they should turn their cameras on and go into gallery mode, so they can see everyone. If you are in person, have the group sit or stand in a circle.

- The idea is for the group to count to twenty, one person saying one number at a time. Anybody can start the count. Then a different person says the next number – but if two or more people happen to speak at the same time, counting must start again from the beginning. It is possible to get to twenty if everybody really concentrates – but try and be relaxed as well.
- There are several ways to adapt this game. If a group is having an especially difficult time, the number can be lowered to 10. If a group is doing especially well, the number can be increased arbitrarily.
- For large classes, you can create teams in breakout rooms. Challenge them to count as high as they can. The team with the highest number at the end wins tickets!

This activity works for increasing both **energy** and **focus**.

The tension will build as the group approaches 20
(or whichever number you've chosen.)

You'll be amazed how excited the group can be
once you reach the chosen number!

Carry that excitement over to the rest of your lesson.