

THE TIMER

Number of players: **any**
Age of players: **any**
Duration: **up to 5 minutes**

Materials Needed:

- Stopwatch or timer
- Paper and pen

Space:

Any

Before the Activity:

Ask participants to put away all timekeeping devices (watches, phones). Cover or remove the wall clock in the classroom and hide or cover any other visible time-displaying devices.

Gameplay:

1. Decide on a specific duration of time to measure together. Start with 1 minute.
2. Prepare a stopwatch so that it's visible only to you as the game facilitator.
3. Participants' task is to estimate when exactly one minute has passed and signal it by raising their hand.
4. Instruct participants to maintain silence during the activity.
5. Start the stopwatch and announce, "Start time."
6. Record when each participant raises their hand. If there are too many participants to record all results, note the shortest and longest times, as well as the participants who were closest to one minute.

Game Conclusion:

1. The game ends when all participants have raised their hands. Do not inform the participants when the designated time has passed.
2. Discuss the task with the participants, asking if it was easy or challenging. Share the shortest and longest times (without specifying participants), and mention how many people were closest to the correct one-minute mark. You can repeat the exercise and see if it becomes easier the second time.