
Warm-Up – The Numbers Page

This activity gets everyone engaged right away and almost all will experience success. The activity illustrates that when one has more information or a plan one is usually more successful.

Materials needed: Each person needs a copy of the attached page of numbers with the numbers on both sides of the paper.

Directions: Provide each person with a page of numbers and a pencil. Tell the group that you will be timing them for one minute. In that minute they are to circle numbers on the page in chronological order, that is 1 then 2 then 3 then 4 etc. The purpose is to circle as many numbers as possible in the minute with out skipping any numbers. Any questions?

Announce “start”. Time for one minute. Announce “Stop”

Discussion: How did that go for you? Did you think you were doing pretty good? Not so good? What feelings did you have---happy, anxious, excited, worried? As an instructor you may wish to reflect to the group what you observed/heard. (Often you will hear people ask if a number is missing, or say “This is hard” “I don’t get it” or even quit before the minute is up.)

Explain/illustrate the pattern used to put the numbers on the page. Instruct each person to fold their page in half, matching the corners and creasing the fold. Fold in half again (creating quarters) matching corners and creasing the fold. Instruct to unfold the paper. The creases help you see each quarter of the paper. Now explain that the numbers start in the upper left hand quarter and alternate between the left and right upper quarters for the first six numbers. Starting with number seven, the next six numbers alternate between the left and right lower quarters. With number 13 move back to the upper left hand quarter. This pattern of six numbers in the upper half, then six numbers in the lower half continues to 60.

Repeat the process. Explain that you will time them again for one minute, using the other side of the page, they are again to circle as many numbers as they can in the minute.

Any questions?

Conclusion: **At the end of the minute discuss how this went. You may ask how many got further this time. Was it easier/harder? Did you know you were doing better? What feelings did you have? “When you have more information or have a plan you are usually more successful know you have more control.”**



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|----|----|----|----|----|----|
| 13 | 53 | 27 | 16 | 54 | 2 |
| 49 | 41 | 17 | 40 | 42 | 26 |
| 15 | 5 | 37 | 30 | 4 | 50 |
| 51 | 25 | 29 | 28 | 14 | 38 |
| 3 | 39 | 1 | 52 | 18 | 6 |
| 19 | 59 | 31 | 12 | 32 | 24 |
| 57 | 9 | 35 | 44 | 46 | 60 |
| 55 | 47 | 11 | 22 | 56 | 8 |
| 23 | 43 | 45 | 48 | 34 | 58 |
| 7 | 33 | 21 | 10 | 36 | 20 |