

Find the clock game



10 min



self-control



controlling focus and attention

The players sit silently in the center of a darkened room, with their eyes closed. The game coordinator hides a ticking clock (phone can be used) somewhere in the room. The game coordinator instructs the players to find a clock by listening only. The player who is most accurate in their description of where the clock is takes the next turn to hide the clock.

Discussion

How easy or difficult was it to listen very carefully?

What made it easier? What made it harder?

Did you hear noises that you hadn't noticed before?

When is it useful to be able to choose what we listen to and ignore other sounds?

**For more games see - Plummer, D. (2012).
Focusing and Calming Games for Children:
Mindfulness Strategies and Activities to Help
Children to Relax, Concentrate and Take
Control. JESSICA KINGSLEY PUBLISHERS,
London, United Kingdom.**