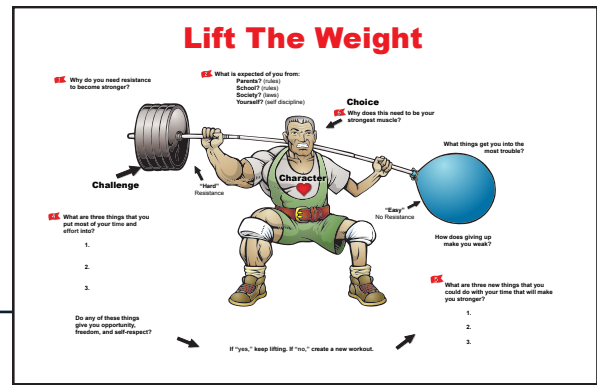







**Responsibility & Self-Discipline**  
 (Lift the Weight)  
 Learning Activity:  
**“Number Grid”**



**Introduction:**

This might seem like a simple challenge—but it’s really about how you handle structure, expectations, and effort in real life. Sometimes rules, systems, or guidelines can feel limiting, but they’re often the exact thing that helps you succeed faster and more effectively. In this activity, you’ll experience the difference between working without structure and working with it. Pay attention—this connects directly to how you approach school, goals, and challenges in your everyday life.

**Details:**

 <p><b>Space:</b> Any</p>	 <p><b>Activity Type:</b> Object Lesson</p>	 <p><b>Grades:</b> 3-12</p>	 <p><b>Group Size:</b> Any</p>	 <p><b>Time:</b> 10-15 minutes</p>
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**Materials:**

1 number grid per student (see printable lesson resource)

**Activity Instructions:**

**Round 1: No Structure**

Pass out the number grid to each student face down. Instruct students: Do not touch the paper until told. Work silently and independently

**Say:** “When I say go, turn your paper over and count as many numbers as you can (starting with 1, 2, 3, 4...) you have 60 seconds You must go in order—you cannot skip ahead.”

**Say:** “Ready? Go!” and start a 60-second timer.  
 Observe as students search. Most students will struggle and only reach the 20s or so. After time is up, have students stop and report how far they got

**Say:** “Even though you were working hard, nobody got all the numbers. But there is a way to make this much easier.”

## Activity Instructions (Continued):

### Round 2: Add Structure (The “Guidelines”)

#### Walk students through folding their paper to create a grid:

1. Fold your paper in half length wise (like a hot dog) → crease
2. Open and fold left side over about one-third → crease
3. Fold right side over to match → crease

Unfold to reveal a grid (you should now have 6 sections)  
(Optional: trace fold lines with pencil for clarity)

#### Explain:

“These lines create a structure for your search. We are going to try this again and see if you can see how they can help you count faster.”

#### Repeat the 60-second challenge

Most students will dramatically improve. This is because they notice a pattern. Each consecutive number they count will be found in the following square and they rotate around in a clockwise direction as you count. It makes it easier to find the next number.

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## Processing the Experience:

- What made the first round frustrating or difficult?
- What changed in the second round that made it easier?
- How did the lines (structure) actually help you succeed faster?
- How is this similar to rules, routines, or expectations in real life?
- What is one ‘rule’ or structure in your life that actually helps you succeed—even if it feels restrictive?

#### Key Takeaway (Optional Wrap-Up)

Structure, rules, and expectations aren’t there to hold you back—they’re there to guide you forward. Just like the lines in the grid helped you find success faster, the “weights” in your life—rules, routines, and responsibilities—help you build discipline, stay focused, and reach your goals more effectively.

7 25 20 98 2 9 51 33 39  
 49 67 8 86 44 93 69  
 31 37 56 21 99 3 81  
 91 61 97 1 80 74 15 57 63 45  
 73 19 26 68 32 50 87 75 35  
 43 73 85 38 92 53 78 12 60 6 96  
 55 73 85 38 92 53 78 12 60 6 96  
 58 16 82 22 4 65 41 47 29 18 36  
 46 100 34 71 77 84 8A 18 36  
 88 52 70 94 95 66 72 48  
 64 70 28 89 17 42 90 24  
 76 59 11 83

9 51 33 39  
 27 93 69  
 21 99 3 81  
 15 57 63 45  
 87 75  
 35

2 98 2  
 8 86 44  
 56 80 74 74  
 62 68 32 50  
 26 38 92  
 50

25 79 67 37  
 49 31 97 1  
 61 19 85  
 91 73 73 85  
 43 55

78 30  
 12 60 6 96  
 84 18 36  
 54 66 72 48  
 42 90 24

41 53  
 65 23 47 29 95  
 71 77  
 17 89 35 5  
 59 11 83

58 16 82 22 4  
 46 100 34 30  
 88 52 94  
 64 10 28 70  
 76