



***Perfection***

## Perfection

**Identify Problem:** Allows the students to create and recognize the feeling of stress and pressure through structured playing. Also teaches them how to recognize when stress is becoming too great.

**Materials:** Perfection (the game)

**Exercise:** (Perfection)  
Challenge one student to complete the game of Perfection. After seeing what time they complete it in, challenge a new student to complete it in a faster time. Continue doing this, making the goal even shorter time each round. The students will be setting goals and creating a plan of how they will complete the game in the goal time needed.

Discuss stress and how setting goals and creating a plan can help you reduce your stress.

Discuss stress reducers.



### **Questions & Discussion**

- How can we compare this activity to stress in our lives?
- How does our anxiety level change the closer the event is to happening?
- Please describe a situation where you or a friend was stressed out over something that wasn't too bad when it actually happened?
- Do we sometimes cause ourselves to become stressed when we don't really need to be?
- What are some of the behaviors that we exhibit when we are stressed?
- How does our behavior affect others? Do others affect ours?
- What are some negative ways to reduce our stress level?
- What are some positive ways to reduce our stress level?
- How can we help others reduce their stress level?

**Identify Skills:** Recognizing stress  
Controlling your stress before it's too late  
Reducing stress  
Positive stress reduction  
Self inflicted stress  
Setting goals

**Source:** Jon Butler