

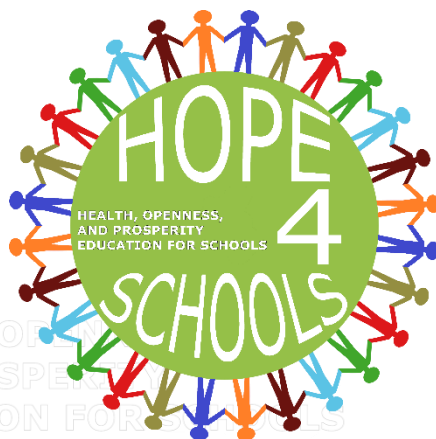


GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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Patience is the key



HEALTH, OPENNESS,
AND PROSPERITY
EDUCATION FOR SCHOOLS

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Health, openness, and prosperity education for schools

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GOALS:

Strengthening concentration, patience and focus.

There are two types of grains in the glass (eg rice and wheat). Students spill the cereal on the table and have the task of separating the cereal into two piles with a stick. The game can initially last about 10 minutes, later even shorter (if the goal is to develop dexterity and concentration) or longer (the goal is to encourage patience and perseverance; another type of grain is added or the amount is increased). As an even more difficult method, the grains can be separated by grasping with tweezers.



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