



Miracle Minute Game: A way to focus on production and make it fun!

In this age of technology, kids are struggling more than ever before with task attention in the school setting. So, we decided to find a way to increase interest in the task and then test it.

In our small trial study, we chose kids who struggled to produce written work in a timely manner due to behaviors, sensory challenges, and attention deficit disorders. All the kids were asked to scribe grade level appropriate words in a set period of time with the current prompt strategies that the teacher/therapist had been using. Next, they were asked to scribe more words using the Miracle Minute technique. The goal for this game is to trick the brain into a state of concentration on undesirable writing tasks and then increase the brain's ability to stay in that concentrated state for longer and longer periods of time.

Results: After 4 different sessions using the Miracle Minute strategy game, we discovered that all kids in all 4 sessions had significant improvements in written production, some as much as 75% more words written on their paper.

So, here is how it works.

You establish a time that is easy to achieve in which the child will engage in completing or writing on their task. Excitement and positive praise will be helpful when you introduce the game. Emphasize that the goal of the game is to not let their mind wander off task. Cue them to start the task with "On your mark, get set, GO!" Keep constant verbal prompts as needed going until the timer stops. It is important not to let their mind wander away from the task. If it does, your established time period for the Miracle Minute Game is too long.

Provide the instructions needed for the task. Let them know that they will be given only a set time in which to work on the task. [they may not finish the entire page of work and that is okay- they just get rewarded by how much they can do in the established time frame.]

It is important to let them feel successful initially, so have the game start with only 1 minute or less on the clock if you need to. Praise participation and let them see what they accomplished.

After this, you will engage in the Miracle Minute Challenge again and increase the time slightly making sure to point out how successful they are at keeping their mind glued to the task. They may want to see if they can increase their Miracle Minute goal thus motivating them from within. When this happens you have reached the tools' ultimate use.





Miracle Minute Game Sample Dialogue



Therapist: Hi _____! How are you doing today. [Make good eye contact and move to their level-sit if they are seated]

Student: _____

Therapist: Today we will play a game called Miracle Minute. It is super fun. We can even play it together if you want. The goal of the game is to see who writes down more words in 1 Miracle Minute. I will set the timer you see right here. Here is your list of words and paper (colored paper can also be used). Are you ready to see how many words you can write down?! [You may also have the kids set the timer themselves]

On your mark, get set, GO! [Now you set the timer] Go, go, go, that's it, you are doing great...I see you are getting words down on paper real fast... I like how I can read them.... Make sure your letters sit on the baseline.....Keep going, you are doing great we are half way done... Wow, you are going fast, I think you will have lots of words down.... Quickly now, since you/we only have 20 seconds left....Whew, just 10 more seconds, you are doing great!.... Quick, quick, that's it!.....

As you can see from the sample dialogue, it is okay to keep up a constant auditory encouragement along with the timer. Once the timer rings the student is asked to stop and given a reward for a fantastic Miracle Minute session [This can be just verbal praise or a sticker] completed. Compare [You may share this with the student] how many words they were able to scribe previously and see how many more words they wrote. The idea behind this Miracle Minute Game, is to let students compete with their own record of accomplishments in designated chunked out sessions that help them be and feel successful. It is all about rewiring the brain to get used to extreme focus and handle healthy pressure for success.