

Marshmallow Test



This has become a famous video clip in which a marshmallow is put on a table in front of a child. Before leaving the room, the adult tells the child if s/he doesn't eat the marshmallow, when the adult returns the child will receive an additional marshmallow. This is a great video to introduce the topic of choices and the decisions we all make every single day. There are several YouTube videos on the Marshmallow Test. If you don't have access to the internet in your school, you can recreate the scenario in your classroom.

Here are some instructions if you plan to do a live version of this in your classroom:

1. When the children come enter the room (either first thing in the morning or after recess), they will find one marshmallow on their desk.
2. Tell them that if they don't eat the marshmallow now, they will receive another one after they work on a few individual activities.
3. See how many children decide to wait to eat the marshmallow knowing that they will receive a second one versus how many eat the first one and can't wait.
4. After distributing a second marshmallow to the children who waited, talk about choices and decisions with the children. Ask them about their choices.