



“The Excuse Bank” (15 minutes)

Supplies Needed:

- One large trash can labeled “The Excuse Bank”
- Several small slips of paper, three per student

Provide each student at least three small slips of paper.

Give these instructions:

1. Record one excuse you have used or given in the last week on each slip of paper, three total.
2. You have 90 seconds.

Have students share their excuses with the class one by one, and then place their excuses in the bank.

Facilitate a discussion by asking questions including:

- Why do we make excuses?
- What consequences come as a result of making excuses?
- How do excuses keep us from moving forward?
- When have you made — or been tempted to or make — an excuse in school? In SkillsUSA? In the workplace?
- How can we avoid making excuses and help ourselves take personal responsibility for our actions in school? In SkillsUSA? In the workplace?



If you and your students enjoyed this exercise, additional activities covering all Essential Elements are available in SkillsUSA Ignite.
<https://www.skillsusastore.net/ignite.html>