

Traffic lights

Metacognitive skill targeted: Self-regulation, awareness, feedback

When to use it

You use *the traffic light* when you are working in a team and need to manage the volume of your voice. By seeing the colour, you can recognise the behaviour of the group and adjust your participation accordingly.

What you'll do

The aim of the traffic light is to help you control your behaviour within the team and cooperate more effectively. Through the colours, you learn to recognise when to maintain or adjust your posture.

What You Need *

1. Cards or badges with colours (green, red)
2. A small stand or base to place them on the table
3. Instructions for students (optional)
4. Observer or person in charge (usually the teacher) for the colour change

How to use it

We use the traffic light to show the intensity of our voice to the group. If we see green, we continue as we are; if we see red, we lower our voice.



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About this Template *

- While doing the activity, working or discussing with your group.
- The teacher observes the volume of your voice.
- If the volume is good, they place a green light on your table → you continue as you are.
- If the volume is too loud, they place a red light → you lower your voice.
- When you correct the volume, it may change back to green!

Goal: Cooperate quietly and respect the other groups!

Tips for Reuse / Continuation *

Use it in other activities, such as **self-assessment** (e.g. Green: "I understand", Red: "I need help") or **time management** (Green: "We have time", Red: "Time is running out"). In this way, you learn to monitor and regulate your behaviour or progress in different contexts.



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TRAFFIC LIGHT



The colours represent different levels of group volume:

Green: the group is speaking at an appropriate volume.

Red: the group is too loud.

Goal of the group : Let's keep the green light as long as we can!

Green light = Bonus point ! Every time we stay in the green, we score a point for our team!

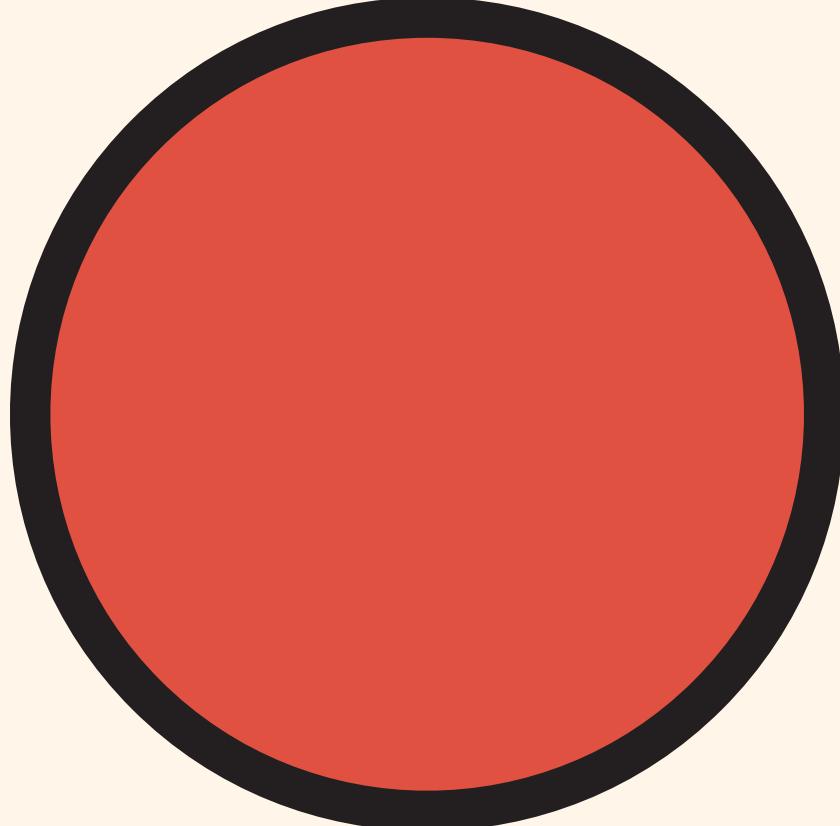
Mini Challenge: If you get red, you have 1 minute to turn it green! Can you?

Extra idea: Add orange for intermediate intensity (warning). This makes the traffic light work even more realistically!



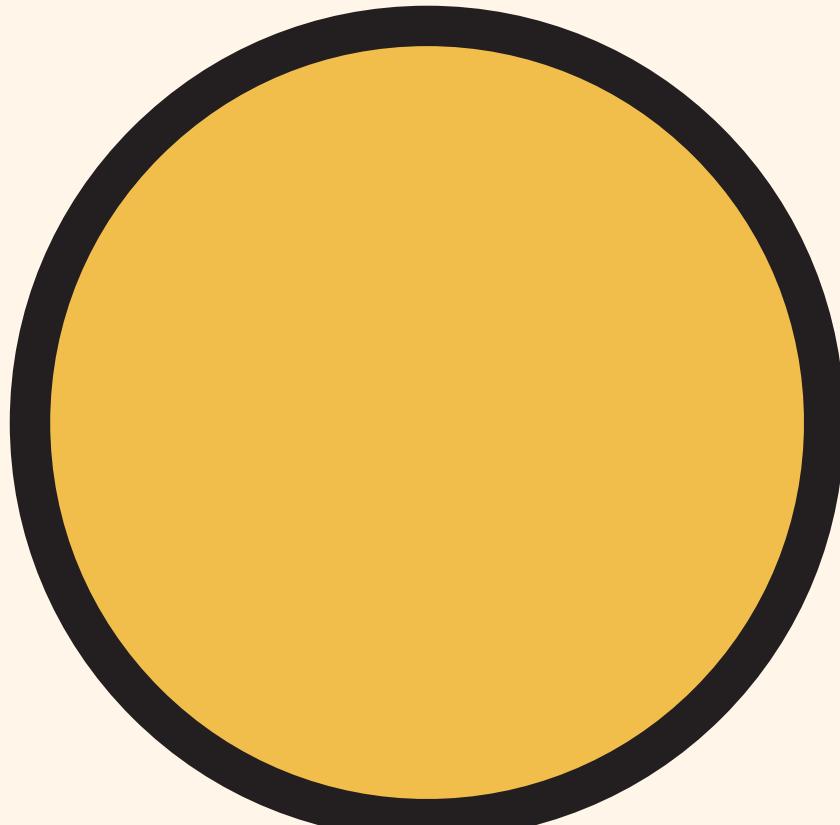
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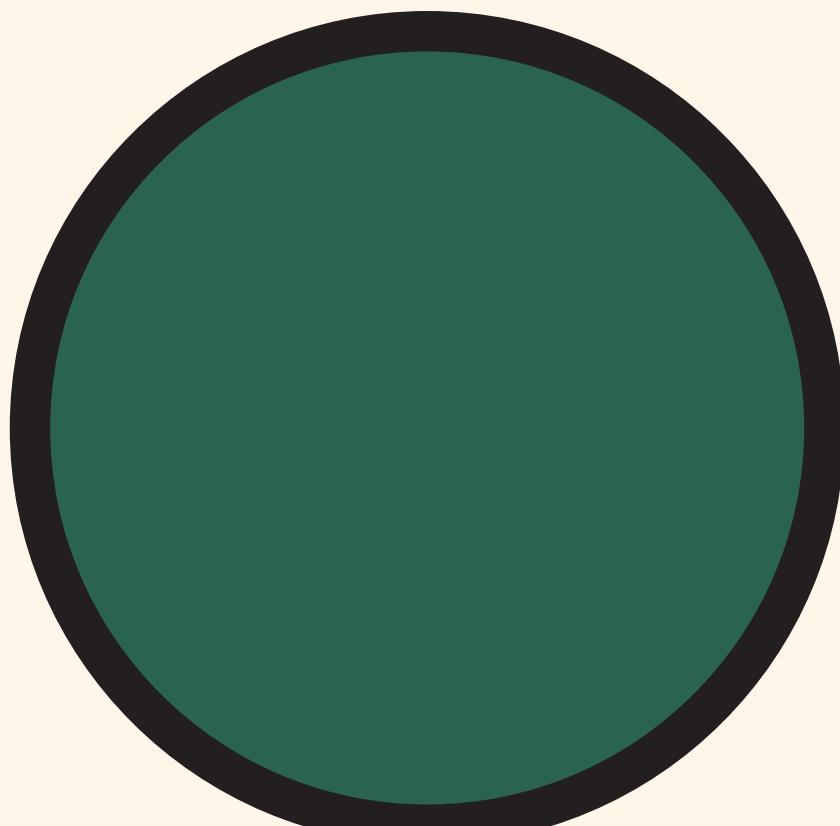
Voices

No Silent
during work
time



Whisper
voices

Quiet during work
time



Talking
voices

Normal talk
during work time