GETTING TO KNOW YOU ACTIVITY

To be done the first time the teacher meets with the students and can be repeated throughout the year with modifications to stress the common goal.

Target: Help students understand that there will be ups and downs and mistakes taken in life, but through it all, they will get through it if they keep working and get help from others.

Materials: 5-6 tennis balls

Procedure:

1. Have students stand in circle.
2. Starting with the teacher toss the ball around the circle to create a “spiderweb” pattern. Students should not toss it to someone right next to them, should toss underhand, and should toss it to each person once before tossing it back to the teacher.
3. As students toss the ball they should practice the names of their classmates to get to know one another.
4. Once the pattern is established and ends back with the teacher, toss one ball through it completely (continue practicing names and tossing in control).
5. Repeat the activity and add in the balls slowly.
6. After balls return to the teacher. Evaluate the activity.
   1. How successful were we? (usually not very)
   2. What would make us more successful? (looking at each other, making sure they are ready for the ball, saying names, etc.)
7. Try activity a time or two more and really concentrate on being successful.
8. Reflect: In life what could these balls represent? (homework, chores, clubs, all the things they do) What did the drops represent? (failure)
9. Point out that we may fumble, but in the end with the help of others, we make it through and succeed as they did in the activity.

This activity can be repeated throughout the year. Other time, use bean bags to demonstrate that we can modify our activities to make things easier. Another time, use different sized balls to represent the importance of different activities they do and to also show that the bigger ones are “easier” to catch because they are more important.