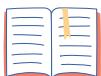


# Friendship Ball - Levels C and D

STAY ACTIVE

To encourage sharing, communication, and positive interaction by practising giving and receiving in a safe and fun way.



## Learning Intentions

### Practise giving and receiving:

I can take turns rolling or passing the ball to a friend.

### Build social confidence:

I can use my voice or actions when passing to someone else.

### Encourage choice-making:

I can choose a word, name, or colour when I pass the ball.



## Success Criteria

I can roll or pass the ball to another person in the group.

I can say a name, colour, or word when I pass the ball.

I can listen and wait for my turn to receive the ball.



# Friendship Ball – Levels C and D

STAY ACTIVE

**Duration:** 5 minutes

## **Objective**

To encourage sharing, communication, and positive interaction by practising giving and receiving in a safe and fun way.

## **Players**

Whole class or small groups, sitting or standing in a circle.

## **Materials**

- 1–2 soft balls (lightweight and easy to catch or roll)
- Optional: soft toys as an alternative to balls

## **Setup**

- Arrange students in a circle, either standing or sitting, depending on ability.
- Ensure the ball is soft and safe for everyone.
- Remind students of the rules: take turns, listen, and encourage each other.

## **Gameplay / Activity Steps**

### **Step 1: Start the Circle**

- One student begins with the ball.
- They say a name, colour, or positive word (e.g., “thank you,” “red,” “friend”) as they roll or pass the ball to someone else.

### **Step 2: Keep the Ball Moving**

- The receiving student repeats the process, choosing their own word as they pass to another friend.
- Continue until all students have had a turn.

### **Step 3: Encourage Variety**

- Students can try different words each turn.
- Encourage positive and kind words to make others feel included.

## **Reflection Prompts**

- “How did you feel when the ball came to you?”
- “What word or name made you smile the most?”
- “Why is it important to take turns and share?”



# Friendship Ball – Levels C and D

# STAY ACTIVE

## Winning the Game

There are no winners. The success is when everyone passes, shares a word, and feels included in the group activity.

### Variations

- **Children's Edition:** Use soft toys (like teddy bears) instead of a ball to make the game playful.
- **Fitness Edition:** Add a movement before passing (e.g., one squat, one jump, or spin).
- **Teamwork Edition:** Challenge the group to see how many passes they can make without dropping the ball.

### For Wheelchair Users / Accessibility

- Students can roll, bounce, or pass the ball in a way that is comfortable for them.
- If ball handling is difficult, use a soft toy that can be held on a lap and handed across.
- Encourage peers to pass gently and make sure everyone has equal opportunities to participate.

### Notes for Inclusion

- Celebrate every student's contribution, whether they speak a word, make a sound, or simply smile when passing.
- Accept non-verbal responses (pointing, showing a colour card, or making a gesture) as valid choices.
- Encourage kindness and positive reinforcement, so all students feel safe and valued.

