

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.



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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?”

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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.

