

Friendship Ball - Levels F-3

STAY
ACTIVE

To build connection, communication, and turn-taking skills in a fun and supportive way by passing a ball with positive words or ideas.



Learning Intentions

Practise giving and receiving:

Students aim to take turns passing or rolling the ball.

Build social confidence:

Students aim to say a name, colour, or kind word when I pass.

Encourage positive interaction:

Students aim to listen and respond to others in a respectful way.



Success Criteria

I can pass or roll the ball to another student.

I can say a positive word, name, or colour as I pass.

I can listen and wait for my turn when the ball is passed to me.

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Duration: 5 minutes

Objective

To build connection, communication, and turn-taking skills in a fun and supportive way by passing a ball with positive words or ideas.

Players

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

Materials

- 1–2 soft balls (safe and lightweight)
- Optional: soft toys for extra fun

Setup

- Arrange students in a circle, sitting or standing.
- Choose a soft ball or toy that is easy to hold and roll.
- Explain the rules clearly: pass the ball, say a word, and encourage your friends.

Gameplay / Activity Steps

Step 1: Start the Circle

- One student begins with the ball and passes it to another student.
- As they pass, they say a word (like a name, colour, or “thank you”).

Step 2: Keep the Ball Moving

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

Step 3: Encourage Positivity

- Students can use positive words or phrases (e.g., “You’re kind,” “Blue,” “Friend”) to spread encouragement.

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. Success is when everyone participates, feels included, and practises kindness while passing the ball.

Variations

- **Children's Edition:** Pass a favourite toy instead of a ball.
- **Fitness Edition:** Add a simple movement before passing (e.g., clap, squat, or star jump).
- **Teamwork Edition:** See how many passes the group can make without dropping the ball.

For Wheelchair Users / Accessibility

- Students can roll, bounce, or gently pass the ball in a way that is comfortable.
- If ball handling is tricky, use a toy that can sit on a lap and be handed across.
- Encourage peers to pass gently and ensure everyone gets equal turns.

Notes for Inclusion

- Celebrate every contribution, whether spoken, signed, or shown through gesture.
- Accept non-verbal responses (pointing, smiling, or using a gesture) as valid.
- Create a supportive environment where students feel proud and included.