

**Concentration Ball**

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| **# of people to play:** +2 | **Best for ages:**  +6 |
| **Equipment needed:** Soft ball that can be easily thrown or caught **Social and Emotional (SEL) Competencies:** Self-management & Responsible Decision-making  **SEL Skills Practiced:** integrity, resilience & problem-solving | **Setup/Teaching Time:**  30-60 seconds |

### **Set Up**

* Identify an open area where players can form a small circle.

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### **Review SEL Skills Practiced:**

* **Integrity**: Be fair, be honest, and do the right thing—even when no one is watching you.
* **Resilience:** Shake off your mistake/loss, and get ready to try again!
* **Problem-solving**: In challenging situations, try new ideas, and communicate with others in order to be successful. Be ready to ask for help when you need it

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### **How to Play**

* Explain how to make a good underhand toss with eye contact.
* Make sure players know to throw gently!
* You pick a theme such as animals, cars, sports, colors, fruits, singers, etc.
* One person starts with the ball and says something that fits the theme (such as “cat” if the theme were animals), then says the name of someone in the circle and tosses them the ball.
* That person must say the name of a different person/object/animal in the theme, followed by the name of another player, and toss the ball to that person.
* You may not repeat answers and you only have 3 seconds to say yours!
  + If a player repeats an answer or can’t complete their turn within the allotted time, they must complete 5 jumping jacks before rejoining the circle!
* Once three people get stuck, switch to a new theme!
* If someone drops the ball or misses a catch, they are the only one who should chase the ball to put it back in play.

**SEL Game Debriefs**

* How does it feel to make a mistake? What did you do to “shake it off” and get ready to try again after you made a mistake?
* What are the challenges in this game? What are some different ways to overcome those challenges?
* What is a difficult task at home that might get easier if you try again?

### **Academic Applications**

### Use categories based on things you are studying in class - states, capitals, multiples, etc.

### **At-Home Accommodations**

* If there is no ball available, roll up a sock to use as a soft throwable object.
* If using a ball or soft object, avoid areas with windows, glass objects, etc.
* Play sitting down if space is limited indoors!

### **Modifications for Social Distancing**

* Instead of throwing a ball/soft object, one can point or throw an imaginary ball.
* Can be played via Facetime, Google Hangout, Zoom, etc. Instead of throwing the ball players can simply say the next person’s name.