



ROLL A BALL

Everybody has feelings- good ones and bad ones. Different situations can make people feel good or feel bad depending on what they like and dislike. How can we help others to feel good more often? How can we help others feel better when they feel bad?



Steps:

Have students sit in a circle with a ball. The teacher names an emotion and rolls the ball to a student. That student has to tell a time when they have felt that emotion. Then they name another feeling and roll the ball to someone else. That person tells a time they have felt that emotion. Then they name another feeling and roll the ball again.

Keep going until everyone has had a turn. Toward the end it might be difficult for them to think of emotions (once the main ones have all been said) so you can have the whole class work together to brainstorm feeling words, either before the game or during.

Whenever the emotion and situation are negative ones, pause to ask students to come up with ways they could help someone in that situation- either to fix the situation or to help them feel better if the situation is too big to fix.

When the emotions and situations are positive, pause to ask: How can we help other people to have these moments of good feelings? How can we make sure we have more moments with good feelings ourselves?