

Silent Ball

(Physical Activity)

Audience:

Activity can be adapted for all levels, but is particularly useful with elementary and middle school students

Purpose:

Students utilize a fun, safe, quiet physical education activity to relieve tension/stress

Materials:

Use one or more Nerf ball(s), gator skin ball(s), or lightweight ball(s). *If you do not have one in your classroom, please see your physical education instructor or appropriate staff person at your school site.*

Content:

Teacher introduces the idea that physical activity is an excellent stress management tool and explains the rules of silent ball:

- **Teacher is the only referee regarding bad passes and missed catches**
- Talking or making sounds is an out
- Missed catch or bad pass is an out
- A “good” throw is within arm’s length of the intended catcher and does not include “fast balls” (model good throws for students)
- Students that are out must remain quiet at their desks and not interfere with the game in any way

Instructions:

1. No one can talk or make a sound; that is the object of the game
2. Students may stand by their desks or position students in any arrangement to facilitate tossing the ball to each other around the classroom
3. Make a good throw to a classmate; explain that students cannot throw back to the person who threw to them
4. If student misses the ball or makes a bad pass, student is out and must sit at his/her desk until the next round
5. Play until all students are seated; last two are the champs!

Extension:

Teacher may follow-up by using this activity with the class at other times, such as a rainy day. It may be useful to calm and focus students in transitions (e.g. after returning from lunch/recess to the classroom), to break up an extended/lengthy lesson or as an incentive for successful completion of a task/lesson.

Have follow-up discussion with students regarding the health benefits and stress management benefits of fun, safe physical activities. Guiding questions:

- Activity provides a way for the body to relieve tension and frustration; what are your favorite physical activities? (e.g. basketball, running, hiking, swimming, dancing, etc.)
- How does it feel to be tense/frustrated/stressed? Where in your body do you feel tension or stress?
- How does it feel to be relaxed and calm? How does your body feel when you are relaxed and calm?
- Which of these activities can you do alone?
- How do you feel after doing your favorite physical activity?