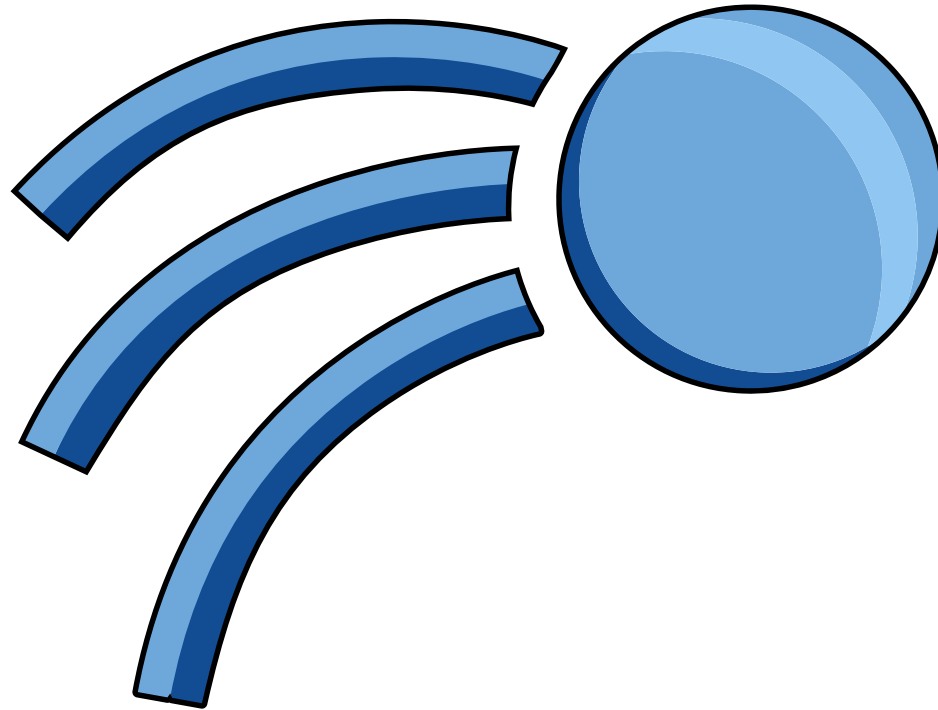


HERE YOU GO



Inspired by:

OPEN ADVENTURE

Created by Mark Friedrich and Nichole Wilder for OPENPhysEd.org

LEAD BY EXAMPLE

BELIEVE IN YOU

THE OBJECT OF THE GAME IS TO SAY OUR CLASSMATES' NAMES WHILE TOSSING AND CATCHING A BALL (OR OBJECT) TO EVERYONE IN OUR CLASS/TEAM/CLUB COMMUNITY..

1. Knowing the names of people in our community is important. It tells them that we see and value them as a member of our circle.
2. Each time you have a ball or tossable object, get ready to pass it to a classmate by saying, "Here you go (the catcher's name)" before you make a toss.
3. When you catch an object you'll say, "Thank you (The Tosser's name)."
4. Then, repeat the process with another toss and catch.
5. You may not throw an object back to the person you threw it to.
6. Once the activity gets going, I will toss in some additional objects so there are several being used at the same time. Keep focused since anyone can call your name at any time!
7. The activity begins when I demonstrate the first toss as an example.
8. Some groups pass the ball randomly trying to give everyone a turn. Others pass the object in a pattern to make sure.

COMMUNITY

(Noun)

A group of people who share something in common.

Most people have more than one community that may include a school, team/club, family unit, or neighborhood.

Can you name 2 or 3 communities that you belong to?

How do those communities support your well-being?

In what ways do you support others in your community?

BELONG

(Verb)

To be a member or a part of a group organization.

Feeling like you belong as a member of a community can help you find meaningful ways to share your unique greatness.

How can you help others feel like they belong?

How can you celebrate the unique greatness of others in your community?

MENTAL HEALTH

(Noun)

A person's emotional, psychological, and social well-being.

Our mental health affects how we think, feel, and act.

Can you make a list of ways that belonging to a community can support a person's positive mental health?

Can you make a list of things that you enjoy about a community that you belong to?