

# A Ball of Fun

**O** - 'Ohana goal (Why do the activity?) *Family goal*

## **Purpose:**

This activity allows for each family member to gather around and share a little bit about themselves with the rest of the family. It also helps to build/strengthen hand eye coordination while keeping everyone moving. It can also help set the stage for more complex and challenging activities in the future.

## **Benefits:**

We spend a lot of time with family & friends. Placing intention and a little fun behind the time we spend together can provide an opportunity for families & friends to strengthen ties and build closer, better relationships (pilina). Games are a great way to do this!

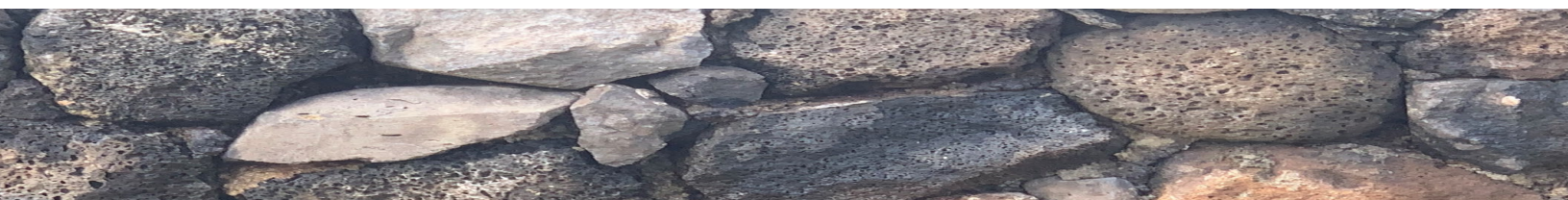
**H** - Ha'awina (Let's do the activity) *Lesson, Assignment, Task*

## **Materials needed:**

- Large Ball (Beach Ball or old Soccer Ball)
- Permanent Marker

## **Process:**

1. Find a large ball that you may have lying around the house. An inflatable beach ball or old soccer ball would work!
2. Look at the sample questions provided and find some that you & your family may enjoy answering.





### **Rules: You decide... What question Did I “Land” on?**

Here are some options to help you decide which question to choose.

#### **Pick one & try it:**

- Read aloud the question that your right thumb “landed” on.
- Read aloud the question under your left palm.
- Read aloud the question at the tip of your left “pointer” finger.
- Show your ball to your family member to your right. Have them read aloud the question they first see.

#### **Parent Tips:**

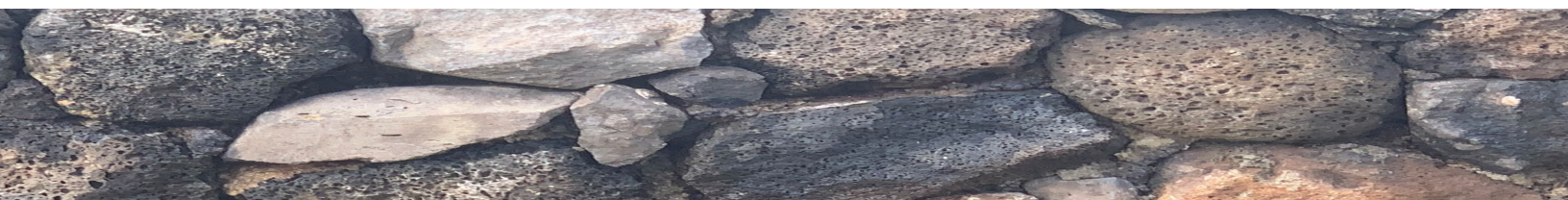
Feel free to make up your own, add a twist or even require each person to do a fancy trick with the ball before answering their question! There is so much you can try!

**A-** Alaka'i (What did you learn? What can you teach?) *To lead, Guide, Direct*

#### **Reflective Questions:**

This is what this game is all about! Helping family members to practice open communication, sharing stories with one another as a family, and learning more about one another. But, most importantly, it is about having FUN!!!

- Be sure to thank everyone for participating when you are done.
- Perhaps you can talk about what may have been the most surprising response; the most obvious response, the one response that everyone knew that person was going to say; allow conversations and stories during the game to continue.



### Extension activities:

#### Numbers on the Ball

- Instead of writing questions on the ball you can write numbers on the ball and keep a list of questions on paper. This way you can change up the questions every time.
- For Example: Write numbers 1-10 on the ball. Then on a sheet of paper make a list of 10 different animals on the paper. Whichever number each family member “lands” on when they have the ball, they must make the sound of that animal or even act like that animal.

#### Parent Tips:

- For the questions written on the ball you could have everyone write or create their own question(s) to add.
- Consider partnering up some family members to help younger family members read their question or to even help them catch the ball.
- Set up guidelines for listening & speaking:
  - Listen with your ears (Ho'olohe ka pepeiao)
  - Watch with your eyes, pay attention (Nānā ka maka)
  - No talking while someone else is sharing (Pa'a ka waha)
  - Wait patiently for your turn
  - Practice positive feedback & comments

