



Concentration Ball

Children sit or stand in a group while passing a ball back and forth shouting out a word related to a given theme.

Executive Function Focus:

- Working Memory – keeping track of names and previous words
- Cognitive Flexibility – quickly deciding where to toss the ball

Material's List:

Soft ball or bean bag

Social Emotional Skills:

- Uses strategies to maintain attention
- Remembers and recalls information
- Is inclusive of other children

Before you Start/Set Up:

- Make sure all children know the names of everyone in the group.
- Explain how to make a good, underhand toss with eye contact.

How to Play:

<https://youtu.be/8qblWdaQUwM>

Have students form a circle with a little bit of room between each one and pick a theme, such as animals or colors.

Have one child start with the ball and say an animal then say the name of someone in the circle and toss them the ball.

That person must say another animal and toss the ball to another person while saying their name.

Children may not repeat answers and they only have three seconds to think, speak, and toss the ball.

If a player forgets a name or can't come up with an animal, have them do some jumping jacks before rejoining the circle.

Once three people get stuck you switch themes.

Variations:

- For younger players you may want to try having kids hand off the ball or maybe rolling it.
- Use a ball of string and have children hang on to the string when they toss it to the next person. Makes a great web!
- You may want to have a rule that there are no "throw backs" to whomever tossed the ball previously to make sure everyone is included.

Reflective Questions:

"How did you remember to say the word AND the name of the other child?"

"What was the hardest part of playing this game?"

"What strategies did you use to remain patient and wait for the ball to be tossed to you?"

"What did you do to make sure you didn't distract the other players?"