

Football golf



Foundation

How to play

- Create a ten-hole football golf course using cones to represent a hole.
- On top of each cone place a wellbeing ball with a different message displayed on each so that each hole represents a wellbeing message.
- Choose a starting point.
- Aim of the game is for players to kick the football and knock the ball off the cone in the fewest amount of shots.
- Mark the scores down and add them up - like a golf scorecard.
- When you complete a hole have a conversation based on the wellbeing message and what it means (how we do it, act upon it).

Wellbeing messages

Be calm

Be present

Speak out

Have fun

Be open

Stay curious

Be friendly

Be active

Be kind

Be generous



Things to think about

- Referencing the wellbeing messages.
- Label each hole as a different message.
- Topic of conversation per hole.
- Make it a friendly competition.

Adaptations

- Change the holes for different challenges, ie weak foot hole, volley tee off shot, back heel kick.
- Players that struggle to kick could throw the ball.
- Place obstacles in the way like crazy golf.

Don't have the equipment? Here's what you can do...

- Use things you can find outside like a plant pot.
- You could use an empty bottle for the hole as opposed to a ball on top of a cone.

You have a different amount of players? Here's what you can do...

Don't worry you can play this game with as many or as few players as you have.

Can't find the right space? Here's what you can do...

- This can be done in an outdoor space.
- This can also be done indoors around the house, with a different hole in each room and topic-focused holes, for example.
- If restricted for space, set up one hole at a time as opposed to all ten.

