

Shoot out

How to play

- Have a number of wellbeing balls balanced on cones in a horizontal line facing the players. Make sure a different wellbeing message is showing on each ball.
- Each player kicks a ball aiming for the targets.
- Every time a ball is knocked off, the player should start a conversation amongst the group about that topic displayed on that ball.
- The team to knock the most balls off the cones wins.



Foundation

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

- Could you focus on hitting one specific ball at a time?
- Could you create different scenarios and ask players to target a specific wellbeing message as the best response?

Adaptations

- Kick, throw or roll the wellbeing ball.
- Wheelchair users could be assisted to roll the balls.
- The first ball you knock down could be the theme for the day/lesson/session.

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

- If you don't have any cones or balls, you can write the messages on empty bottles and use as skittles.

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

- With larger groups, break off into smaller groups and have individual games.
- Split the balls/skittles so groups have five for each game.

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

- Increase or decrease the distance to the balls/skittles according to the space you have available.
- Make it easier or harder by adding obstacles or increasing the distances.
- Modify it so it becomes a tabletop game. Use different standing objects on the table and use the wellbeing ball to roll and knock down the themed items.



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