

# What am I?

## How to play

- One person is selected to be at the front of the group holding up the wellbeing ball to their head.
- They mustn't know the word at the front of the ball but the rest of the group can see it.
- They have to ask questions to find out what the word is on the front of the ball, but they cannot use any words that are on the ball until they want to guess, for example, "Am I 'Be calm'?"
- The players must only answer yes or no to the person with the ball's questions.



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

- Help players to think more deeply when asking questions. Make sure the group knows what the words mean first.

## Adaptations

- Have the player at the front select descriptions of the word – they must then describe this without saying the word for the rest of the group to guess the correct message.

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

- You just need the ball to play this game.
- If you do not have the ball write the wellbeing messages on a paper and scrunch these up, you can then pick one at random.

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

- You will need two people minimum to be able to play this game.
- You can also have one big group or smaller groups if you have lots of players.

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

- You can play this indoors or outdoors; you need very little space.

