

Left / right challenge



Foundation

How to play

- Players are in a circle with the leader in the middle.
- The person in the middle throws the wellbeing ball to one person at a time and says either left or right.
- If they say “left” the player must catch the ball in their right hand, if they say “right” then the player must catch the ball with their left.
- If the player does this wrong or drops the ball then they must sit down and answer questions around what the ball was showing when it landed on the floor or in their hand.
- The game continues until the last person standing is the winner.

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

- Round 1 - What does this message mean?
- Round 2 - Give an example of how you could apply this message to your life.
- Round 3 - How can we practise and get better at this?
- Round 4 - How would this help our mental health and wellbeing?

Adaptations

- Have players that are out write down answers to each question as well to discuss at the end.
- Instead of throwing why not try passing the ball, with the “left / right” command determining which foot to control the pass with.

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

- You just need the ball to play this game.
- If you don't have a ball, use a soft item to throw instead, with the leader deciding what question a participant should answer.

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

- You can just play this game with two people: one person is the player who shouts left or right and the other is the one working. Both players start with 10 points, if you do the wrong action, eg if you catch with your left when you were supposed to catch with your right, you have to answer a question and you lose a point. The first player to lose all their points loses the game.

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

- You don't need much space to play this game, it just depends on the amount of players you have playing. If you have a lot of players just ensure there is enough space to be able to throw the ball to each other.



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