

Hot potato

How to play

- Players form a circle and throw the wellbeing ball around to each other.
- When the ball is dropped the person that dropped the ball has ten seconds to answer questions around the word that is facing up on the ball.

Things to think about

- Round 1 - What does this word mean?
- Round 2 - Give an example of how to apply this word in your life.
- Round 3 - How do we practise this?
- Round 4 - How would this help our mental health and wellbeing?



Foundation

Wellbeing messages

Be calm

Be present

Speak out

Have fun

Be open

Stay curious

Be friendly

Be active

Be kind

Be generous



Adaptations

This activity can be done as a football session, using passing on the ground instead of throwing. The person that makes a bad pass then has ten seconds to answer the wellbeing question that is facing up on the ball when they pick it up.

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

- If you don't have a ball use a soft object to throw and catch but highlight the topic you'll discuss if you drop it.

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 between you to throw and catch.
- You can vary the distance between you.
- Try to play sitting down.

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

- If you only have two players you can throw and catch between you - whoever drops the ball has to answer the questions.
- Once one of you has dropped the ball, restart and count down from 10 passing back and forth quickly. Whoever it lands on when it reaches zero has to answer.
- If you only have yourself you could use a wall to throw and catch against; challenge yourself using one hand and if you drop it you must answer a question.

