



FOUR SQUARE

Social & Emotional Learning Competencies: (adapted from CASEL.org)

- Relationship Skills: Communication. Students resolve game conflicts using positive language.
- Self-Management: Impulse control. Students demonstrate the ability to control their emotions and actions as they win and lose points.

EQUIPMENT NEEDED:

- Four Square court, 1 playground ball

ORGANIZE:

- **Space:** Paint or create a Four Square court.
- **Students:** 4 students take their place in a square. The others line up at least 5 steps behind the 1-square. The ball begins in the 4-square.

HOW TO PLAY:

- **The Object:** To eliminate players in higher squares so you can advance up to the 4-square.
- **The Process:** Begin with a diagonal serve from 4-square to 2-square. Server serves the ball off a bounce. Serves must bounce in the receiving square, then the player in the 2-square hits the ball into any square. Now the ball is in play. Server and receiver each get 1 fault in order to put the ball in play.
- When a ball bounces in a square, the owner of the square must hit it fairly into another square. If the player does not hit the ball before a 2nd bounce, or they hit it out of bounds, the player is out and returns to the line behind 1-square. The ball must be hit, not caught or carried into play.
- Outside lines are in bounds; inside lines are out of bounds. If a ball hits an inside line, the player who hit the ball is eliminated. Play continues until time runs out. The player in 4-square at that time is the winner.

HELPFUL TIP:

- Think About Safety! Create a safe zone around each court 5–8’ wide that is free of clutter and other players.

SEL DISCUSSION STARTERS:

- What does positive conflict resolution look like? What does it sound like?
- How does the ability to resolve conflicts in a positive way affect how much fun you have?

