



## WINDOW BALL

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

- Relationship Skills: Teamwork and communication. Students work with a teammate using positive words of encouragement. They also resolve any game conflicts using positive language.
- Responsible Decision-Making: Responsibility. Students demonstrate consideration for the well-being of oneself and others.

### EQUIPMENT NEEDED:

- Four Square court, 1 playground ball, 4 large cones

### ORGANIZE:

- **Space:** Paint or create a Four Square court. Cones in the corners.
- **Students:** Students in teams of 2 or 4. Each team along 1 side of the court. Play R,P,S to see who starts with the ball.

### HOW TO PLAY:

- **The Object:** To score points by rolling the ball through an opposing team's window (between the cones).
- **The Process:** Play begins with a rolling serve. From that point, all strikes on the ball are made with an open hand so that the ball rolls on the ground. Balls that bounce or travel through a window in the air do not count. Play is stopped and a rolling serve restarts the action.
- Defend your window with an open hand. Balls cannot be blocked or kicked with feet.
- When a team is scored on, they restart play with another rolling serve.

### HELPFUL TIP:

- If bouncing or inappropriate striking becomes an issue, modify this activity by allowing students to catch the ball and roll the ball without striking.

### SEL DISCUSSION STARTERS:

- What does it look like and sound like when you are being a good teammate?
- How do positive and encouraging words affect the relationship with your teammate?

