

**OPEN<sup>®</sup>**

Winning Wellness Cards

***GameDay***

# GameDay

## CAPTURE THE CORNER

### Set-Up:

- Create a large area with 4 goals in the corners with space to move around each goal.
- Create teams of 2 – each pair with a foam ball. Assign 4 pairs as goalies (1 per goal). Goalies don't start with a foam ball. All other teams are scattered in the activity area.

### How to Play:

- This game is *Capture the Corner*. The object is to work with your teammate to score a goal and become the goalies for that goal (aka, capture the corner).
- On the signal, the game begins with Ultimate Disc passing rules – you cannot run with the ball, only pivot and pass. The partner without the ball can advance toward a goal.
- You can take 1 shot at a goal. If you make it, you switch with the goalies (they take your ball). If you miss, pick up your ball and move toward a different goal.
- It's okay for more than 1 offensive team to attack a single goal at the same time. The first ball to hit the goal is the one that scores. (Was it a tie? Play rock, paper, scissors!)

### Mental Health Game-Day Fact:

- Being a part of a team can be great for your mental health (any team – not just sports). Being a teammate gives a sense of belonging with common goals and interests. Feeling like we belong helps boost self-esteem and confidence and allows us to feel valued. So, how can you be a great teammate? I'm glad you asked! One simple way is by showing support and encouragement. This might mean cheering after a good play, or offering words of support when someone is feeling down or is struggling. Genuinely care about and support your teammates. Everyone's mental health will benefit!



Mental Health Card