

mind, body, go!

We roll a ball back and forth, as we quickly name an emotion and a physical sensation that we're feeling right now.

LIFE SKILLS



DURATION 1 to 5 minutes

SUPPLIES Ball

AGE All ages

LEADING THE GAME

1. We're going to roll this ball to each other, and when it's your turn, quickly name one thing that you're feeling in your mind and one thing that you're feeling in your body. Here's an example: *My mind feels happy, and my body feels relaxed.*
2. I'll start. *My mind feels a little nervous, and my body feels stiff.*
Roll the ball to your partner.
3. Now you name something and roll the ball back. (*I feel silly, and my foot itches.*)
Guide children in speeding up the pace as the play continues.

TIPS

1. This game can be played with partners sitting across from each other or as a group sitting in a circle.
2. Play *Mind, Body, Go!* without a ball while sitting at the kitchen table or in the car when you're stuck in traffic.

