

Learning Activity 3

Don't Bust the Water Balloon

Time (minutes)
5

Organization
Students in pairs with one beanbag per pair.

Activity Progression:

Organize students into pairs. See the suggestions for getting students into pairs below.

Ways to get students into pairs:

- Same color poly spot
- Tape playing cards underneath the poly spots and have students find someone with the same number or suit
- Tape index cards with opposites, shapes, colors or pairs and have students find the match
- Name starts with the same letter
- Same birthday month

Have one partner get a bean bag or hacky sack from the teacher and the other partner find a spot on the baseline of the basketball court or another starting point.

Partners will pretend their bean bag is a water balloon. Students will toss the bean bag back and forth taking a step back after every successful catch and toss. Be careful don't let your "water balloon" break!

After a few minutes, have students perform a locomotor movement of their choice back to the center of the instructional area. Explain to students that people can be fragile like water balloons.

Example script:

"What happens if we drop a water balloon? It busts. Well as humans we aren't water balloons,, but we do have feelings. When we treat others with respect we are thinking about their feelings, so we don't hurt them. Just like when you were tossing your 'water balloons' I saw how each of you were careful to not drop your water balloons. This is how we should be towards one another even when we don't like someone, or they are different than us. It doesn't matter if someone has a different religion, looks different, or has different physical or processing abilities because we are all people and we all have feelings, so we should be respectful to each other no matter what."

"When we stop to think about how our actions might make someone feel this is not only kind, but it's a way of being mindful. Remember mindful means paying full attention to what you are doing. If we're paying attention to our actions, it helps to also be respectful."

Cues:

- Mindfulness (or Self-Awareness)
 - Paying full attention
 - Slowing down to notice what you're doing
 - Focused and relaxed

Modifications/Differentiation:

- Allow students to hand their beanbag to a peer and receive it back.
- Allow students to pick different distances to start from.
- Allow students to pick different objects to toss
- Provide visually impaired students a sighted guide or the use of a guided rope.
- Students with visual impairments would benefit from having their partner roll them a beeping ball or a bell ball so they can use their auditory system to track and catch the ball upon arrival.

Checks for Understanding:

- How is "Don't Bust the Water Balloon" like being respectful?

