



## Saran Wrap Ball Game

### Description

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Students control themselves and practice their focus in an exciting ball game.

## Supplies

- Pair of dice
- Saran wrap
- Lots of candy, small prizes or small toys

## How to Play

1. **Prep work:** start with the largest item and use the saran wrap to start wrapping around it, add in different items throughout the wrapping process. The goal is to make a large saran wrap ball filled with different surprises.
2. Have students sit in a circle. Hand one student the saran wrap ball and the student to their left the two dice.
3. Let them know that on "go" the student with the dice will start trying to roll doubles with the dice. At the same time, the student with the saran wrap ball will start unwrapping the ball.
4. The student unwrapping can not tear the saran wrap, but instead must unwrap it with care. If a student rips the saran wrap, they automatically pass the ball to the left. As the student is unwrapping, any items that fall out are now theirs to keep.
5. Once the student with the dice rolls doubles, they pass the dice to their left, and the saran wrap ball is passed to them.
6. This continues around the circle until the middle of the ball is reached.

## Activity Prompts for Reflection

- How difficult was it for you to control yourself when you were waiting for the saran wrap ball to get to you?
- Did anything happen during the game that surprised you?
- What emotion did you feel when someone else got an item that you wanted?
- What was difficult for you to control during this activity?

## Other Ways to Play

- Have a box for students to roll the dice in to make rolling and passing the dice quicker and easier.
- To make it more challenging have students only use one hand to unwrap during this activity.

## Additional Notes

- The larger you make the saran wrap ball the longer this activity will take.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity

### Category

1. Activities
2. Self-Management

### Sel-competency

1. Self-Management

### Allotted-time

1. 20 minutes

### Themes

1. Ball Games