



Emotional Basketball

Description

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Help students practice their emotional vocabulary while having fun with basketball.

Supplies

- Basketballs
- Basketball hoop or large bucket/laundry hamper

How to Play

1. Divide students into two even lines with the first student in each line equal distance to the basketball hoop.
2. Give the first student in each line a basketball.
3. Pick a letter of the alphabet.
4. The first of the two students to say an emotion word that begins with that letter gets to shoot the basketball.
5. If they make it their team gets a point. If they miss they pass the ball to the next student in their line. That student and the first student in the other line get to try to make a basket.
6. Each student gets one chance before passing it to the next student in line. The first team to make the shot gets the point and the next round begins the same way.
7. Continue this until every student has had a chance or until time is up.

Activity Prompts for Reflection

- What emotions did you feel during this game?
- What letter do you not know any emotion words for?

- How do you feel now that this activity is completed?
- What emotions do you feel when competing on other teams?

Other Ways to Play

- If you don't have basketballs and hoops, can adapt to other types of balls and containers to catch them.
- If students are working on spelling, have them practice spelling out the emotion words that they choose for an additional point.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities

Sel-competency

1. Self-Awareness

Allotted-time

1. 20 minutes

Themes

1. Ball Games