



## Hopes and Dreams

### Description

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Students think of dreams and hopes for themselves and others while playing a ball game.

## Supplies

- One soft ball
- Music

## How to Play

1. Explain to the group that a dream is something you want to happen. The type of dream weâ??re talking about is different from what happens when you sleep. This type of dream is something you hope will happen. Sometimes you might have a dream for yourself, but you can also have a dream or a hope for others too! Sometimes a dream can turn into something that happens, especially if you utilize your strengths to achieve that dream!
2. Have students sit in a circle and tell the group the dream/hope category(ideas listed in step 6). Give one student in the group the ball.
3. When the music starts, students pass the ball around the circle. When the music stops, the student holding the ball answers the dream/hope category.
4. Dream and hope categories can be used several times each since the ball will probably land on different students in various rounds.
5. Dream/Hope categories:  
*My dream for my family*  
*My hope for my teacher*  
*My dream for my class*  
*My hope for my friend \_(name)\_\_\_*  
*My dream for our school*

6. Have one or two examples to share with the group if students are having a hard time coming up with a dream on their own.
7. Once a student shares their dream or hope, others in the group who agree or have the same hope or dream that was shared can snap their fingers for support.
8. Continue playing until time is up, making sure to leave some time to ask reflection questions.

## Activity Prompts for Reflection

- What was one of the dreams or hopes that a lot of people agreed on and showed support for? (*One that multiple students snapped for*). Why do you think a lot of people agreed?
- What could you do to help achieve a dream or hope for school? For family? For a teacher? For your class? For a friend?
- Is there any dream or hope that might be hard to achieve or might take a while to get done?
- Why is it important to have dreams and hopes not only for ourselves, but for others too?

## Other Ways to Play

- Have students sing a song while passing the ball.
- Choose one student who has been making good choices to help you pick what song to play or be the DJ for the group.
- Have the group circle-up in different ways. Ex: balancing on one leg, jumping up and down, face outward, etc.
- Have the group pass the ball in different ways. Ex: With their elbows, with one finger, with their eyes closed.
- Have the person holding the ball when the music stops, start with their hope/dream and pass the ball to the right. The person to the right must say both their hope/dream and the hope/dream of the person before them and then pass it to the right again. This continues until the last person has said their hopes/dreams and everyone else's!
- You can also adapt this game to be more like musical chairs. Have one less seat than the number of students playing and when the music stops whoever doesn't have a chair has to share their dream or hope in order to play again. Don't worry about taking away a chair each time.

## Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.
- If you don't have a ball, you can use something else that the group can pass around like a bean bag, stuffed animal, or even a ball made out of paper.

### Category

1. Activities
2. Self-Awareness

### Sel-competency

1. Self-Awareness

**Allotted-time**

1. 15 minutes

**Themes**

1. Ball Games
2. Get to Know You