



Silent Dynamite

Description

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Students practice controlling themselves while having fun in a team-building game.

Supplies

- Ball

How to Play

1. Have students stand in a circle.
2. Tell them that this activity is all about passing the ball, with an added twist. There are multiple rounds with different commands for how to pass the ball for each round.
3. Explain that students must remain silent while passing the ball based on the given command.
4. Randomly, the leader calls out "BOOM" and whoever has the ball must pause and give everyone in the group a high five.
5. If anyone drops the ball, they must sit in the middle of the circle until someone else drops the ball.
6. The student in the middle sits on their bottom and tries to swat or catch the ball that is being passed around the circle, making it more difficult.
7. If the student in the middle successfully catches the ball they get to rejoin the circle. Ball catching/passing commands:
 - Catch with elbows
 - Catch with thumbs
 - Use your opposite hand
 - Spin around 3 times before throwing
 - Catch with one hand

Activity Prompts for Reflection

- How difficult was it for you to control yourself and stay silent during this activity?
- What helped you to stay focused during this activity?
- What was easy to control during this activity?
- What was the most challenging part of this activity?

Other Ways to Play

- Choose a student to stand away from the group and have them be in charge of randomly calling out "BOOM."
- Have students start by just passing around the circle. Once they have mastered this, they can toss it across the circle to other students.
- If you don't have a ball, you can pass around anything that doesn't have sharp edges.

Additional Notes

- 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. 15-20 minutes

Themes

1. Ball Games