



Keep It Rolling

Description

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Students practice controlling themselves during a fast-paced marble race.

Supplies

- Cardboard tubes (one per student)
- Two marbles, ping pong balls, or golf balls

How to Play

1. Split the group into two teams and have each team stand shoulder to shoulder in a line.
2. Explain that teams will compete to try to get the marble from one end of the line to the other in the fastest time.
3. Instead of passing the ball with their hands, teams pass the ball through cardboard tubes.
4. In order to pass it from one tube to the next, students must practice control while maneuvering their marble in the tube.
5. The marble starts with the student at the front of the line and once it makes it to the last person on the team, everyone must sit down and raise their hands to show completion.
6. Give each student a cardboard tube and give the first student in each line a marble.
7. Count down from three and have each team start passing the marble through their tubes, by standing close enough to each other to have the tubes connected without the marble dropping through the cracks.
8. If the marble falls out of the tube, the student who dropped it must pick it up and start the marble back at the start of the line.
9. The first team to get their marble to the end of the line is the winning team! This can be played multiple times until time is up.

Activity Prompts for Reflection

- What was difficult to control during this activity?
- What helped you to stay focused during this activity?
- If you could play this activity again, what would you do differently?
- What helped your team to be successful at this activity?

Other Ways to Play

- Instead of splitting them into teams, use a timer to time how long it takes them to get the marble from the start of the line to the end of the line. Have them do this several times, trying to beat their previous time each round.
- Challenge students by giving them a limited number of cardboard tubes. Students must use their tube to pass the marble to the next student and then rush it to another student for them to use.

Additional Notes

- Easy cardboard tubes are toilet paper rolls or paper towel rolls.
- Help support your students by being positive and offering encouragement while students are balancing the ball.
- Help engage students by being energetic and maintaining high energy and enthusiasm throughout the race.
- Continue teaching throughout the race by tying in even more self-management. When a surprise occurs like the ball falling out of the tube what is their reaction?
- 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. 10-15 minutes

Themes

1. Ball Games