



## Reverse Rolling Dodgeball

### Description

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Students practice managing their impulses as they play a version of dodgeball.

### Supplies

- 5-10 large balls (number of balls depends on your group size)

### How to Play

1. Split the group into two teams and make boundaries so each team has a side to stand on.
2. Explain to everyone that each team is assigned a side and there will be multiple balls rolling around. The point is for people to pick up the balls and roll them to the other side, trying to bump it into someone on the opposite side.
3. If someone is hit by the ball, they must sit down on the sidelines and out of the playing area and cheer their team on. They can catch any balls that roll to them on the sidelines and roll it back to their team's side to support them.
4. Play this way for about half the time or until a team has the opposite team completely sitting.
5. Next, tell the group the game is switched to reverse rolling dodgeball. All students need to try to get hit by the rolling ball and the first team to have everyone out and sitting down wins!
6. Our natural instinct is to jump out of the way of the ball coming at us. The goal of this activity is to control the impulse to move out of the way of the rolling ball.
7. Several rounds can be played with teams switched each round.

### Activity Prompts for Reflection

- Which version of the game was easier to control yourself?

- How difficult was it for you to control yourself and not move out of the way of the rolling balls?
- What are some other times that it has been difficult for you to control yourself?
- Share a time outside of this game when you were able to control yourself today.

## Other Ways to Play

- Don't split the group into teams and just have students stand at one end and have the adult or program staff be the ultimate roller.
- Play regular dodgeball allowing students to throw the ball instead of rolling. Make sure to set expectations of not throwing above the waist to avoid anyone getting hit in the face.

## 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. 10-20 minutes

### Themes

1. Ball Games