



Four Square

Description

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Students learn different responsibilities and roles they play in different settings through a game similar to four square.

Supplies

- Chalk
- Two large balls that bounce

How to Play

1. **Prep Work:** Find a place outside with cement. Use sidewalk chalk to make a four-square playing spot. This looks like one large square divided evenly into four squares. The four squares should be at least 3 feet by 3 feet so that students have enough space to stand and a ball can be bounced inside of it. Students will be able to play this four at a time, so you can make multiple playing spots or can create just one and have students who are not playing cheer on the others in a line on the side.
2. Use the sidewalk chalk to write inside of each of the squares “home,” “school,” “myself,” and “the environment.”
3. Explain to the group that a responsibility is something that you are supposed to do. We all might have similar responsibilities, but we might also have some different ones. Sometimes our responsibilities change, and as we get older we might have more and more responsibilities.
4. Explain to your group the rules of Four Square:
 - One person stands in each of the squares
 - The goal is to get all the way to the first square
 - The person in the first square starts with the ball and bounces it into another person’s

square

- That person must bounce the ball in any square except their own, by using the palm of one hand

Students are out of that round if:

- They bounce the ball in their own square
 - They bounce the ball outside of all of the squares
 - They allow the ball to bounce more than once in their own square
 - They catch the ball with two hands and hold it
5. When a person gets out, they must say a responsibility that they have based on what square they were in. Make sure to let students know where they should go when they are out.
 6. When someone gets out, you can add another player or allow students to continue to play until only one person remains.
 7. Use the following examples if students are having a hard time thinking of their responsibilities:
 - Home: I'm responsible for cleaning my room
 - School: I'm responsible for doing my homework
 - Myself: I'm responsible for brushing my teeth
 - The environment: I'm responsible for throwing my trash away

Activity Prompts for Reflection

- Does anyone have any responsibilities that they thought of but didn't get a chance to share?
- Did anyone have a similar responsibility as someone else in the group? If so, what?
- Are any of your responsibilities harder/easier than others?
- What happens if you mess up and don't follow through with one of your responsibilities?

Other Ways to Play

- Play music and have them sit inside the squares and roll the ball. When you pause the music whoever is holding the ball has to say a responsibility and move to the next square or back in the line.
- After each round have everyone share a responsibility based on what square they are in.
- Challenge students to think of responsibilities that have not already been shared.
- Instead of having the students immediately hit the ball back, have them catch the ball when it gets bounced in their square. They have five seconds to catch it and then bounce it in another student's square.
- If playing with one court, as students get out the other students will rotate in the square to allow a new student to join. The new student will start in the square that is now empty. Make sure students who are out are engaged by cheering on the other players!
- If playing with multiple courts, students will just rotate around in that same court. The student who got out will go to the empty square.
- If you are playing inside, use painter's tape to mark the squares and then pull up the tape when finished with the activity.

Additional Notes

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

Category

1. Activities
2. Responsible Decision-Making

Sel-competency

1. Responsible Decision-Making

Allotted-time

1. 30 minutes

Themes

1. Ball Games