









Ball Hike

	<p><u>time frame:</u> ~ 15-20 min</p>
	<p><u>Location:</u> in- and outdoors</p>
	<p><u>participants:</u> a minimum of 6 and a maximum of 20 people</p>
	<p><u>material:</u> 2 balls (same colour and structure)</p>
	<p><u>procedure:</u></p> <p>The group stands in an inner circle. One ball is thrown. The name of the person who should catch the ball has to be said before the ball gets thrown.</p> <p>Once the game with one ball runs smoothly a second ball will be brought into the game. Two small groups merge and build a medium group with four balls. Those two groups dissolve the circle and move around freely in the space. Only when the name is shouted and eye contact is established it is allowed to throw the ball.</p>
	<p><u>goal / purpose:</u></p> <ul style="list-style-type: none"> • concentration • learning names • following the rules • treating others with respect
	<p><u>Questions for discussion:</u></p> <ul style="list-style-type: none"> - How are stress, concentration and rule observance connected?
	<p><u>Source:</u></p> <p>game pool of PFIFF, Hochschule Fulda</p>